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Grab your spoon, get set…

Harper draws heat for market mayhem

Liberal Leader Stéphane Dion seized on the shock waves from North American financial markets yesterday to renew accusations that Stephen Harper's Conservatives have sat back while Canada's once-strong economy has gone into a tailspin.

"Stephen Harper has allowed what was a booming economy to hit a brick wall," Dion said in St. John's, N.L.

The Conservatives' economic policies have "given to us the worst economic performance since 1991, since Brian Mulroney," Dion said.

But Harper played down the tide of bad economic news from Wall Street and Bay Street. "My own belief is if we were going to have some kind of big crash or recession, we probably would have had it by now, a year into the crisis," the Conservative leader said.

The Toronto stock market plunged more than 500 points yesterday, in large part because of tumbling energy stocks. The market was also hurt by financial stocks after two more big U.S. investment banks and a leading insurer were overwhelmed by the collapse of the housing sector.

TORSTAR NEWS SERVICE

SEE LOCAL BANKS, PG. 16

Election 2008

Tories falter, Liberals rebound: Poll

- Support for Stephen Harper's Conservatives appears to have softened after briefly climbing into majority territory. According to the latest Canadian Press Harris-Decima rolling survey, Tory support slipped to 38 per cent from 41 per cent over the past four days. Liberal support rebounded slightly to 27 per cent, up three percentage points.

Boy bullies use both gossip, fists

STUDY Gossip, rumours and social exclusion aren't just used by girl bullies, says a study released today. Surprisingly, boys do engage in this type of bullying — also called indirect aggression — about as often as girls, and continue to be much more likely than girls to use physical, or "direct" aggression such as hitting or punching, says the study led by Noel Card, assistant professor of family studies and human development at the University of Arizona. It is published in the latest issue of the journal Child Development.

TORSTAR NEWS SERVICE

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- Campaign worries
- Harper goes EI-EI-O
- Explaining carbon tax
- NDP eyes doc boost

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Sex talk with Josey Vogel

World pg 14

Ike rampage in Midwest

Take Five pg 46

Recipe of the day

ShareYourViews
torontoletters@metronews.ca

Paralympics

Golden again

ANDY WONG/THE ASSOCIATED PRESS

Canada's Michelle Stilwell flashes a smile as she crosses the finish line to win the Women's 100m T52 final at the Beijing Paralympic Games yesterday. Stilwell picked up her second gold medal and posted a record with her victory. **See story, p. 23**

Grim outlook for growth in Toronto

Hamilton and Toronto are poised to have the two "slowest growing" metropolitan economies this year because the higher Canadian dollar and falling American demand are battering their respective manufacturing sectors, a new report says.

The Conference Board of Canada's study, titled Metropolitan Outlook — Autumn 2008, compares economic forecasts for 13 large Canadian census metropolitan areas.

One of the report's authors, Mario Lefebvre, suggests that in the wake of recent layoffs and plant closings, "the growth rate in the two CMAs could be even more tepid by the end of the year."

Toronto is bracing for a drop of 6.1 per cent, which would mark the biggest decline in manufacturing output in the past four years.

TORSTAR NEWS SERVICE

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Police lay charges in stabbing
Police have charged a man in connection with a stabbing at Woodbine and Danforth avenues on Sunday night that left a victim with multiple stab wounds on his stomach and arms. Scott Harding, 46, of Toronto is charged with attempted murder. TORSTAR NEWS SERVICES

Local

Dealer hit client in self-defence, court hears

A drug dealer accused of murder says he struck a client with a metal bar to save his own life, telling jurors yesterday "I knew I had one chance, otherwise he would kill me." Antonio Alloysius Jones, 41, has pleaded not guilty to second-degree murder in the death of Scott Laverriere, 37, in September 2004. It's the Crown's case that Jones shoved a metal bar into Laverriere's eye socket during a fight over a drug debt. TORSTAR NEWS SERVICE

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Tomorrow's Metro

Automotive

Find out why the 2008 Infiniti EX35 breaks the mould for tradition luxury sport utility vehicles.

metronews.ca
What's online today.

Watch as economics take centre stage in the federal election as the Liberals accuse the Tories of fumbling the economy, at www.metronews.ca/canada
Read as Allan Small reassures investors following this weekend's Wall Street shakedown at www.metronews.ca/live/yourmoney

Lotteries

Ontario Pick 3	951
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Encore	5893981
Daily Keno	03, 05, 07, 12, 15, 16, 27, 31, 32, 35, 36, 38, 43, 44, 45, 47, 52, 53, 61, 67

These results are not official.

News in brief

BUST A Toronto man was arrested Saturday when border guards found 34 kilograms of drugs in his a car. U.S. customs agents in Buffalo say they found more than 111,000 ecstasy pills. Leonard Beasley, 57, faces drug-related charges. TORSTAR NEWS SERVICE

Mom of sick baby out on $2,500 bail

COURT A week ago, a 22-year-old mother was concerned about her nine-month-old son, fearful his inability to gain weight was the result of a severe allergy.

The woman, a vegan who believes in a holistic approach to health, took the baby to a naturopath, to little avail. She then took him to the hospital.

Today, the mother is out on bail amid a flurry of media reports she refused treatment for her child because of religious beliefs. The boy's father is in jail and yesterday in court accused authorities of acting illegally and trying to "break apart" his family. The 11-pound baby, whom doctors diagnosed as severely malnourished, is in the care of Children's Aid Society.

"We're very happy to have (her) back with us," a cousin at the College Park courthouse said yesterday after the mother's release on $2,500 bail.

Charges

- The mother, father and a female friend were in court yesterday all charged with obstructing police.

The unusual tale began Wednesday when the mother took the baby to Hospital for Sick Children, but refused treatment and fled, prompting police to issue a rare public alert for the pair. The search, which got widespread media attention, sent the parents into hiding.

The couple resurfaced Sunday when they returned to Sick Kids, but again refused treatment for the baby, whose normal weight should be about 20 pounds.

Officials with CAS were called, along with police, who forcibly removed the baby after a tense two-hour standoff. It ended in the arrests of the parents and a female friend who was with them. TORSTAR NEWS SERVICE

Gunplay between vehicles closes Mississauga area

SHOTS A north-end Mississauga neighbourhood was sealed off for about four hours yesterday as Peel police searched the area after mid-morning gunplay between two vehicles.

Insp. Walter Skwarek said a black Nissan sedan was seen pursuing a green SUV along Netherwood Road, near Airport Road and Morning Star Drive in Malton, at about 10:30 a.m.

Residents reported hearing between three and seven shots fired from the car, which Skwarek said blew out the SUV's rear window. Both vehicles fled the scene. TORSTAR NEWS SERVICE

Murder charge back in Creba case

TRIAL A judge has restored murder charges for two men facing trial in the 2005 Boxing Day shooting of schoolgirl Jane Creba.

Ontario Superior Court Justice Frank Marrocco issued an order yesterday that Louis Raphael Woodcock and Tyshaun Barnett, both 21, be tried for second-degree murder, the charge they originally faced. In March, provincial court Justice Timothy Lipson committed them for trial on the charge of manslaughter. TORSTAR NEWS SERVICE

COLIN MCCONNELL/TORSTAR NEWS SERVICE

Const. Martin Douglas of 43 Division started his first day at Sir Robert L. Borden high school in Scarborough yesterday, talking to kids to build bridges between police and students.

Officers hit schools to bond with teens

Cops move in to build bridges with youth

"Welcome Police Officer Douglas."

From the sign on the front lawn at Sir Robert L. Borden Business and Technical Institute, Const. Martin Douglas was given a warm reception yesterday, his first day on the job as one of 27 police officers stationed in high schools across the city.

Things were a little different for the nine-year veteran of the force. Instead of 43 Division, Douglas now works out of the school's guidance department. Instead of the cackle of police radios, he's got a school-issued walkie-talkie.

"My purpose here is for you to be able to come to me to talk about anything," he told a Grade 9 class at the Scarborough school. "I'm your sounding board."

The program is a partnership between the police and Toronto's two school boards to build bridges between youth and officers.

Last May, the Toronto District School Board approved a plan to improve conditions in its schools following a report after the shooting death of Jordan Manners at C.W. Jefferys.

While police already visit schools, this program gives each officer space in a school as a home base.

Controversy

- Some trustees have expressed opposition to the armed officers because they don't want guns in school.

Principal Doug Paterson said despite Douglas's presence, if there's a violent incident he'll handle it the same way as if the officer wasn't there.

"Obviously if I need his support, I'll use it," he added. "But my mindset is not to abuse the fact that he's here." TORSTAR NEWS SERVICE

News in brief

WANTED Police are seeking a man wanted for breaching parole. Jeffrey Ervin Mann, 37, is serving a sentence for manslaughter. Mann is described as five-foot-10, 195 pounds with brown eyes and hair.

THEFT Crime Stoppers (416-222-8477) is offering a reward of up to $2,000 for information on the thief who stole a van from a disabled man. The van was stolen from a garage near York Mills Road and Highway 404. Surveillance video of the suspect is at www.torontopolice.on.ca. TORSTAR NEWS SERVICE

Police asking for help in finding stabbing suspects

An 18-year-old walking with friends at a park in the Dufferin Street and Steeles Avenue West area Friday at 7 p.m. was stabbed twice in the back by two disguised men. The suspects dropped their knives and fled the scene. Anyone with information should contact police at 416-808-5400. **TORSTAR NEWS SERVICES**

NDP to funnel fines into transit?

InTransit

Ed Drass

transit@eddrass.com

As the federal election enters its second week, hopefuls are knocking on doors, and perhaps standing in front of subway stations, looking for your vote. At a time when gas prices are spiking and buses and trains are especially crowded, let's find out how each national party intends to help transit riders.

Parkdale–High Park incumbent MP Peggy Nash, the NDP representative for City of Toronto issues, says they would expand transit funding by redirecting another cent per litre of federal fuel tax, and by fining big polluters. She says $400 million from the existing gas tax would be used within the 416 area code every year, with even more spent across Canada.

Election 2008

An NDP plan to penalize large firms that pollute would "raise about $16 billion over four years," she says. Some $2.4 billion of that would go to transit across the country, she says. "Ontario would get over $900 million. Toronto's share would be $388 million over four years."

Nash emphasizes the plan is not revenue-neutral for big polluters: "They're going to have to make measurable reductions in their greenhouse emissions and we are going to use their penalties to invest in green solutions that will benefit everybody."

Leader Jack Layton has yet to release the NDP's complete transit policy. Will the NDP address staggering infrastructure needs? To comment, visit metronews.ca/intransit.

Quick Tip

Q: Is it still possible to find space to park at GO train stations?

Funding needed

- An estimated $123 billion is needed to maintain Canada's infrastructure (schools, bridges, transit, etc.), while another $70 billion should go to new structures.

Tip: GO Transit reports that some lots have room, but unfortunately, the trains that serve these stations are already crowded. Recently, 600 spaces opened in a new structure at Burlington station and 200 more spots were added at Barrie South station.

Ed Drass has a degree in urban studies from York University and regularly rides transit in the GTA.

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Belgian killed in crash

A woman from Belgium visiting family in Canada has been killed in a collision between a pick-up truck and a semi loaded with gravel in western Manitoba. THE CANADIAN PRESS

Canada

Soldier's case dropped

The Canadian military has dropped all charges against a former soldier accused of the torture and murder of a Somali teenager. Clayton Matchee was charged with the 1993 death of Shidane Arone but was declared unfit to stand trial because of major brain damage he suffered in a suicide attempt after his arrest. THE CANADIAN PRESS

Six saved after yacht sinks

HALIFAX The crew of a Cormorant search-and-rescue helicopter battled heavy winds and high seas to pluck six people from a life-raft in the Gulf of St. Lawrence late yesterday after their yacht sank. The 10-metre yacht was about 55 kilometres northwest of Iles de la Madeleine when it issued a distress call. THE CANADIAN PRESS

News in brief

VIRUS Ontario Health Minister David Caplan promised yesterday to get a clearer picture of C. difficile infections in the province.

FUNERAL More than 700 people gathered in a Calgary church to remember Pte. Chad Horn, a Canadian soldier killed in Afghanistan just shy of his 22nd birthday.

THE CANADIAN PRESS

Ottawa Native rally

TRACEY TONG/METRO OTTAWA

Akwesasne resident Rarahkwisere joins in yesterday at the Walk 4 Justice demonstration, a culmination of a cross-country walk to protest violence against Aboriginal women in Canada.

Ontario's docs get pay raise: McGuinty

Ontario's doctors will earn an extra $1 billion over the next four years under a tentative contract deal reached by the provincial government and the Ontario Medical Association.

The raise of 12.25 per cent should help Ontario retain existing doctors and attract new ones as the province continues to face a shortage of physicians, said Premier Dalton McGuinty.

"I think that one of the things we've got to do, of course, is ensure that we're competitive," he said as his Liberal MPPs gathered at the secluded Benmiller Inn to plan for the fall session of the Legislature, which started yesterday.

"One dimension of that, of course, is ensuring that our doctors are fairly paid."

The Ontario Medical Association estimates 850,000 Ontarians still do not have a family doctor.

The Liberals insist they have made progress on the problem, increasing medical school enrollment and other measures that have helped another 500,000 Ontarians find a physician.

"This has been a difficult negotiation," OMA president Dr. Ken Arnold said in a letter to doctors, whose last contract expired March 31.

"Government took a tough stance on a number of our priority issues."

A source close to the talks said the fee increase was a "major" victory for doctors.

"This is a chunk of cash," said NDP health critic France Gelinas. She called on the government and the OMA to release more details of how the agreement breaks down.

TORSTAR NEWS SERVICE

Increasing value

- The pay raises are slated to kick in with a 3 per cent increase starting Oct. 1.
- Next year sees a 2 per cent increase with raises of 3 and 4.25 per cent in the final two years.

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BEAUTY *at the Bay*

Oil spills higher than expected
A new study of offshore energy rigs off Canada's East Coast says the number of small spills reported has far exceeded predictions made by the companies that operate the platforms. THE CANADIAN PRESS

News in brief

DOG RCMP are asking a hunter to turn himself in after a puppy belonging to a boy who survived brain cancer was shot on Quadra Island, B.C. The terrier ran to greet two men as they walked past the home. THE CANADIAN PRESS

Saskatchewan prisoner on the loose

ESCAPEE RCMP evacuated 65 people from their Manitoba apartments, in a failed attempt to capture Daniel Wolfe, an escaped prisoner jailed on first-degree murder charges. He was one of six men who escaped Aug. 24. THE CANADIAN PRESS

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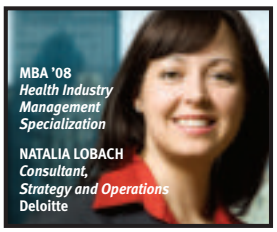
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The Spanish flu: 90 years later

As armies battled over the blood-soaked fields of Europe in the summer of 1918, another enemy was on the move. This adversary didn't choose sides. It didn't restrict itself to Europe. It didn't spare civilians.

By the time it was through rampaging around the globe, this assailant — the Spanish flu — had killed between 50 million and 100 million people, several times more than had lost their lives in the soon-to-be-concluded War to End All Wars.

Yet despite the scope of the death and illness, the fear and social disruption, amazingly the history books made little mention of what is now viewed as the deadliest outbreak of infectious disease in recorded history.

But there are still some among us who can recall those dreadful months in the fall of 1918 and the spring of 1919. Rev. Francis Stevens from Coquitlam, B.C., is one.

Now nearly 102 and a retired minister, Stevens says that it felt like the world was spinning out of control when the Spanish flu coursed through his Vancouver neighbourhood.

Stevens, then 12, caught the flu first and recovered, only to find school closed and chums either bedridden or forbidden by parents from playing with others who might infect them.

"Your school and your home were your two places of security. And both were collapsing."

Heather MacDougall, a University of Waterloo historian, has studied Canadian newspaper coverage of the time. "The rhetoric of the stories is that this is just another battle that we have to fight. Except it's against disease, not against the Germans."

THE CANADIAN PRESS

The epidemic

- Recounting the details, the story seems like bad science fiction — 50 million to 100 million dead globally, including 30,000 to 50,000 dead in Canada.

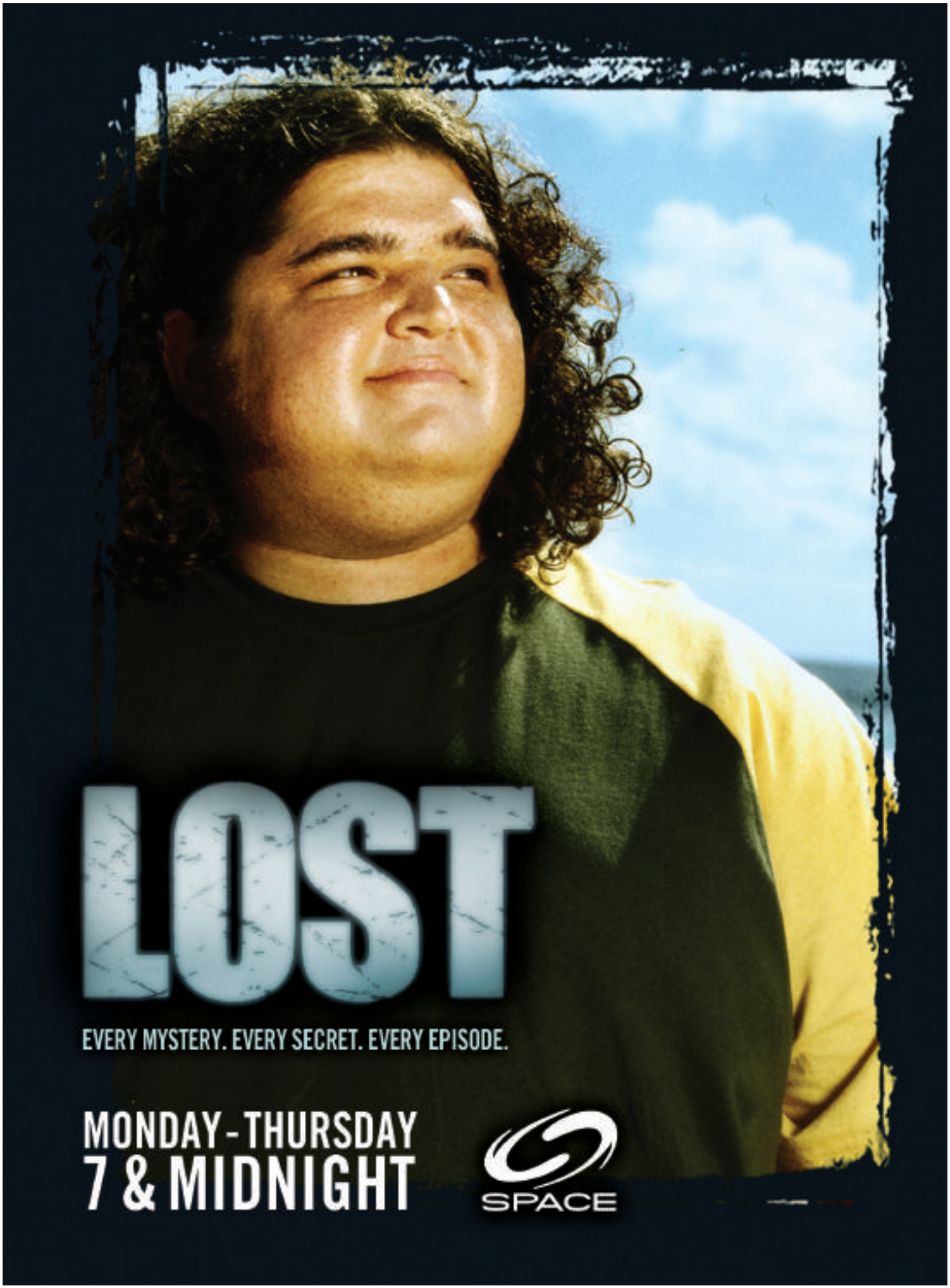
China Going for gold – and silk

MIKE RIDEWOOD/THE CANADIAN PRESS

Canadian Victoria Nolan, left, a visually-impaired rower in China for the Paralympic Games, shops for silk in Beijing yesterday.

News in brief

DEATH Former Ottawa mayor Marion Dewar died in hospital in Toronto yesterday after suffering a serious fall last week. The 80-year-old was reportedly attending a function in Toronto at the time of the accident on Friday. Dewar was mayor from 1978 to 1985 and served as an NDP member of Parliament for a year after the 1987 election. Her son, Ottawa Centre NDP candidate Paul Dewar, was reportedly at her side after the incident. THE CANADIAN PRESS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Williams vs. Harper 2.0

Newfoundland and Labrador Premier Danny Williams has taken his public battle with Conservative Leader Stephen Harper online. Yesterday, Williams launched AnythingButConservative.ca, a website dedicated to urging Canadians to vote for any party other than the Tories. METRO NEWS SERVICES

Election 2008

Beware of September snow jobs

National**Report**

Lawrence Martin

You've got to give Stephen Harper credit. He's got gall. This is the prime minister who built a reputation for cold-hearted, low-road politics. Civility and high ideals were set aside. Naked political self-interest appeared to be his chief motivator.

Now comes the attempt at the great transformation. Everybody's talking about the chummy guy in the TV ads. It's Mister Rogers' Neighbourhood all over again. You'd think the PM's about to surround himself with toddlers and break into song.

On the campaign trail — where's that uptight glare gone? — he's open to the media and sometimes even humble.

It's all very nice. But best beware of September snow jobs. The problem with image remakes is that there's always a record to look at.

The Harper Conservatives are the ones who wrote a dirty-tricks handbook on how to obstruct the democratic process.

These are the guys who, while simultaneously promising a new era of clean government, were undermining the rules of the game in the so called in-and-out affair. These are the guys who have broken the record for attack ads, who turned the access to information laws into information barriers, who, in the words of Auditor-General Sheila Fraser, were out to gag officers of parliament.

While he hasn't convinced many that the new Harper is for real, it doesn't seem to matter. If you look at the polls, his old style is good enough to win.

We thought Jean Chrétien was bad for hoarding so much power. Stephen Harper has made him look like a pantywaist. But now, the big image switcheroo.

Can it work? The campaign's first week wasn't the smoothest for Mr. Harper. True colours couldn't be hidden. His team got caught going over the top with their attack proclivities — the puffin bird saga being just one example.

Meanwhile the happy-faced PM couldn't help himself from returning to low-road mode. He falsely accused Mr. Dion of planning to raise the GST. On the Liberal leader's Green Shift, he went off the nutbeam, saying it would practically mean the end of civilization as we know it.

But while he hasn't convinced many that the new Harper is for real, it doesn't seem to matter. If you look at the polls, his old style is good enough to win. The politics of destruction works south of the border — and here as well.

Lawrence Martin is a Globe and Mail correspondent and author who writes about national affairs from Ottawa.

Did you know?

OFFICER The Chief Electoral Officer of Canada, Marc Mayrand, is the sixth to hold the post since it was created in 1920 by the Dominion Elections Act.

METRO NEWS SERVICES

28 days remain until the 2008 Canadian federal election

'Loosey-goosey' campaign worries Liberals

In late August, Sen. David Smith gathered Liberal backroom boys (no women allowed) at his lakefront spread in Cobourg, Ont., for his annual "gentlemen's soiree" of party faithful on the lake.

To the private dismay of some Liberals, there were, maybe, four people out of 35, host included, who were actually doing something on the upcoming election campaign, by then almost at their doorstep.

Not a good sign.

"It's the children's crusade," mocks a veteran Liberal of a campaign he says failed to do serious "outreach" to Liberals excluded after Dion won the the 2006 leadership — and is now paying the price.

Behind the scenes, Liberals worry about a "loosey-goosey" operation that staggered out of the gate minus an airplane to sell a complicated Green Shift plan that bears the heavy stamp of Stéphane Dion, professor.

"I wish we had one," says the Liberal veteran, when asked who's the party equivalent of Conservative powerhouse Doug Finley. "There's nobody — nobody in charge except Dion and he isn't listening." TORSTAR NEWS SERVICE

FRANK GUNN/THE CANADIAN PRESS

Liberal Leader Stéphane Dion makes an announcement in St. John's, N.L., yesterday.

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Did you know?

The proportion of candidates who are women has remained virtually the same since the 2000 general election. In 2006, of the 1,634 candidates 380 or 23.3% of all candidates were women. Of the 308 candidates elected in 2006, 64 (20.8%) are women, compared to 62 (20.1%) in 2004. **ELECTIONS CANADA**

Election 2008

Public fear carbon tax: Liberal to Dion

Liberal Leader Stéphane Dion's efforts to sell his proposed carbon tax took a hit yesterday when a former federal Liberal cabinet minister said the people of Newfoundland and Labrador are afraid of it.

John Efford, former natural resources minister, told reporters that Newfoundland residents may dislike and distrust Harper, but they're also afraid the proposed carbon tax is going to drive the cost of fuel even higher than it is now.

"I can tell you the average person on the street doesn't understand the carbon tax," Efford said after listening to Dion speak at a breakfast gathering.

Efford's remarks came as a veteran Ontario cabinet minister warned that Dion's federal Liberals appear headed for the party's worst defeat since Prime Minister Brian Mulroney swept to power 28 years ago.

TORSTAR NEWS SERVICE

Plan for fisheries

- Stéphane Dion announced yesterday a Liberal government would pump millions into the fisheries industry, including more than $300 million to modernize fleets and aid fisherman who want to get out of the business.

News in brief

DUCEPPE Bloc Québécois Leader Gilles Duceppe is dismissing criticism by five of the party's ex-MPs who say the Bloc has lost its raison d'etre and relevance in Ottawa and become a mouthpiece for Quebec's powerful union movement.

TORSTAR NEWS SERVICE

Wooing families

Harper promises EI for self-employed

Conservative leader Stephen Harper returned to southwestern Ontario for the second time in less than four weeks, seeking to increase support among what he likes to call "working families."

On a day when the Toronto stock exchange fell more than 500 points, Harper promised in London "a steady hand on the wheel, even if the world's financial markets get a little rocky."

The Opposition "wants to reverse everything that we have done," Harper said. He again claimed the Liberals — contrary to Leader Stéphane Dion's campaign statements — would hike the GST back up to 7 per cent from 5, and "take back" the $100-a-month child care allowances. On top of that, Harper said, Dion's carbon tax would devastate the economy.

Harper's effort began earlier in Ottawa with a measure expected to make inroads with female voters.

He promised to extend maternity and parental benefits to the self-employed — a pledge he said would cost $147 million annually, but would be largely self-financed once self-employed people began paying premiums into the fund.

Right now, self-employed Canadians, outside Quebec, do not pay into Employment Insurance program and are not eligible for such benefits. **TORSTAR NEWS SERVICE**

PAUL CHIASSON/THE CANADIAN PRESS

Conservative Leader Stephen Harper greets supporters during a rally yesterday in London, Ont.

New Democrats

Layton pledges more doctors

HEALTH New Democrat Leader Jack Layton made a billion-dollar promise to reduce the shortage of family doctors in Canada yesterday. "Having regular access to a family doctor is really the basic business of community health care," Layton said in the medical building of Dalhousie University. "If you don't have that, you don't have health care. You have sickness care."

TORSTAR NEWS SERVICE

May stays on track with train tour

CAMPAIGN Green Party Leader Elizabeth May's election campaign takes a nostalgic turn next week with a whistle-stop train tour of the country. May said she hopes the Vride will emphasize the party's message about reducing carbon emissions.

TORSTAR NEWS SERVICE

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German passengers get new plane after two takeoff attempts aborted

Passengers aboard an Air Berlin Boeing 737-800 in Nuremberg demanded and got a new plane after their pilot aborted two takeoff attempts due to a problem with a cockpit gauge related to the aircraft's landing flaps. THE ASSOCIATED PRESS

World

Pope rejects euthanasia

Pope Benedict has reasserted the Vatican's opposition to euthanasia, telling a French audience yesterday to accept death "at the hour chosen by God" during an open-air mass for the sick in Lourdes, site of a shrine reputed for its curative powers. Many pilgrims in the crowd were on wheelchairs and on gurneys. THE ASSOCIATED PRESS

Ike remnants create chaos

Residents of the U.S. Midwest faced blackouts affecting more than a million homes and businesses, and flooded homes and streets clogged by fallen trees yesterday after a weekend of devastating weather caused by the remnants of Hurricane Ike.

The violent weather in the Midwest, the latest in the region's brutal summer of floods, brought Ike's total death toll to at least 32 in nine states, from the Gulf Coast to the Ohio Valley.

As Ike faded and headed off toward the northeast, it dumped up to 20 centimetres of rain on parts of Indiana, Illinois and Missouri, spawned a tornado in Arkansas that damaged several buildings, and delivered hurricane-force winds to Ohio, temporarily shutting down Cincinnati's main airport during the weekend.

Missouri had widespread flooding, and high water on the Mississippi River was expected to close a riverfront street later this week in front of the famed Gateway Arch in St. Louis.

Roughly 575,000 Duke Energy customers in southwest Ohio and northern Kentucky plus 539,000 American Electric customers in Ohio were still without power yesterday, according to the companies' websites.

THE ASSOCIATED PRESS

Las Vegas **Simpson trial begins**

DANIEL GHOSKOFF/THE ASSOCIATED PRESS

O.J. Simpson, left, and his attorney Yale Galanter arrive at the Clark County Regional Justice Center for opening statements on the first day of Simpson's trial in Las Vegas yesterday. Simpson faces 12 charges, including armed robbery and conspiracy.

China makes first arrests in tainted baby milk probe

SUSPECTS Chinese police arrested two brothers suspected of adding a dangerous chemical to milk they sold to a company that produced infant formula that killed two babies and sickened more than 1,200 others, officials and state media reported yesterday.

The two brothers, surnamed Geng, run a milk collection centre in Hebei province and are accused of adding melamine, a chemical used in plastics, to the milk to make it appear higher in protein, the official Xinhua News Agency said. They sold about three tonnes of contaminated milk a day, the report said.

Chinese investigators say melamine may have been added to the milk to fool quality tests after water was added to fraudulently increase the milk's volume. Melamine is rich in nitrogen and tests for protein in food ingredients measure nitrogen levels.

THE ASSOCIATED PRESS

News in brief

ENGLAND The head of the Church of England's public affairs department said yesterday that the church should say it is sorry for misunderstanding Darwin's theory of evolution.

DEAL President Robert Mugabe ceded some power in Zimbabwe for the first time in 28 years, signing a power-sharing deal yesterday with opposition leader Morgan Tsvangirai.

THE ASSOCIATED PRESS

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U.S. government blocks Fannie, Freddie CEOs' exit packages

The U.S. government's Federal Housing Finance Agency says it will not pay the ousted chief executives of mortgage finance companies Fannie Mae and Freddie Mac up to $24 million US in "golden parachute" exit packages. THE ASSOCIATED PRESS

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EDITOR: FERMIN DESOUZA, FERMIN.DESOUZA@METRONEWS.CA

Business in brief

SUNWING Canadian vacation company Sunwing says it has averted a crisis by securing alternative airliners for the winter season following the bankruptcy of XL Leisure Group.

AIRLINE CRISIS Alitalia's four largest unions gave their backing to an industrial plan to save Italy's flagship carrier during talks with a group of Italian investors. But the deal was denounced by unions representing pilots and flight attendants angered at being sidelined.

WENDY'S Shareholders of Wendy's and Triarc, which operates Arby's fast food chain, approved a $2.34-billion US deal yesterday that will make the hamburger chain a part of billionaire Nelson Peltz's empire. METRO NEWS SERVICES

Local banks in safer zone

Canada weathers U.S. crisis

Canada is weathering the financial storm battering Wall Street, and it's in a far better position than the United States, because Canadian banks have played it safe and remained relatively insulated from the most treacherous factors, industry observers suggested yesterday.

Canadian financial institutions have remained in a relatively safe zone mostly because there is a different banking structure in Canada, said Andrew Martyn, a financial stock specialist at Davis Rea Ltd.

In the U.S., there are countless banks clamouring for more business, and historically were more than willing to offer amazing deals in order to get it.

In Canada, banks "tend to be a little more disciplined in pricing" when it comes to mortgages, he said.

Less competition means that fewer Canadian banks were willing to hand over bundles of cash to families who probably weren't able to pay it back.

THE CANADIAN PRESS

Wall Street woes

- Wall Street was rattled yesterday after Lehman Brothers, the fourth-largest investment bank in the U.S., filed for bankruptcy protection and the $50-billion US takeover of Merrill Lynch by Bank of America.

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Gasoline price burden stays heavy

DAMAGE Hurricane Ike's blow to the refining industry seems to have been lighter than feared, but the damage to motorists' wallets is expected to linger.

Canadian drivers can hope to feel some relief, but not to its full extent for a week or so, said Royal Bank analyst Scott Hanold.

"Even though you have some things coming online doesn't mean these things are going to be operating at full capacity because there's still a broader power issue and probably some local flooding issue in those areas," he said.

A lot of refinery personnel left town ahead of the storm, so it could also be a while before they go back to work, Hanold added.

THE CANADIAN PRESS

Green Talk

ARMANDO FRANCA/THE ASSOCIATED PRESS

Virgin Group CEO Sir Richard Branson tries a scooter presented to him after speaking at a conference on renewable energies and innovation in Lisbon, Portugal, yesterday.

Regulator OK's transmission line

PROJECT Ontario's energy regulator has given Hydro One the conditional go-ahead to build a new high-voltage transmission line that will carry wind and nuclear power from Bruce County to Milton.

The 180-kilometre line is expected to cost about $635 million but won't come into service until 2011. The controversial project is expected to affect about 350 property owners along the route.

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Your Money

EDITOR: NINA DRAGICEVIC, NINA.DRAGICEVIC@METRONEWS.CA

Know thy spending self

SmartCookies

smartcookies.com

In the early days of our money group we shared some pretty crazy spending confessions. At one point in time it made sense to buy three bottles of 2-in-1 shampoo and conditioner (even though we would never use 2-in-1!) just because it was on sale, or to spend hundreds of dollars at the mall because we had a bad day at the office.

Realizing that our spending personalities were as individual as we were, we decided it was time to not only pinpoint our spending ways but to find a cure once and for all.

Below are the most common types of spender. Take a minute to figure out what kind of spender you are and then take note of how you can save yourself hard-earned cash.

Yo-Yo Spender?

Do you go weeks or even months depriving yourself of spending only to find yourself overcompensating and purging by spending all at once? Robyn did, and she learned that to avoid this kind of spending it's best not to deprive yourself completely. Each month treat yourself (within reason of course) to something you didn't necessarily plan for — a cute top that catches your eye and a dinner out. Give yourself a little something to satisfy your craving.

A Slacker Spender?

Do you favour convenience over a good deal? Like Andrea found, you're likely to buy your groceries at the market across the street because it's easier than walking the extra two blocks to the cheaper chain grocery store. Your game plan? Plan your inconvenient treks to the cheaper grocery store in advance and stock up while you're there.

An Impulse Spender?

Ever find yourself heading to the mall to buy a birthday gift only to leave with a treat for yourself? Angela knows it's hard to resist an impulse buy, so she recommends planning your shopping trips in advance and knowing exactly what stores to go to. Taking a list is key for impulse shoppers and in extreme cases you might even want to take a friend.

A Sale Spender?

Like Katie, you find it nearly impossible to resist a sale, even if you wouldn't buy the item under any normal circumstance. When tempted to buy a sale item, ask yourself if you would buy the item if it wasn't on sale. If your answer is no, step back and walk away! Remember it's only a good deal if you will actually use it.

A Zombie Spender?

Do you pay little attention to prices on the menu or prices at the cash register? Do you surprise yourself when you arrive home and discover things in your bag you didn't even realize you purchased? Sandra finds the solution is to go into each spending situation with a predetermined amount to spend. She then takes that amount out in cash and is forced to pay attention to how her bill adds up.

Tune in Wednesday night at 9 p.m. EST/PST on the W Network and be sure to visit smartcookies.com for more tips.

Investing

Allan Small

Allan Small examines the fall of Wall Street giants Lehman and Merrill. Read his column at metronews.ca

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It's not the bank, it's you

MoneyMatters

Henry Choo Chong

choochonghcga@yahoo.ca

Q Recently, I applied for a business loan with a bank that I have dealt with for more than eight years. The loan representative claimed I would not be approved because my company's articles were cancelled by the Ministry. What can I do to remedy this? Should I deal with a new bank?

Serge

A Your bank is not the problem. The bank cannot extend a loan to a company that cannot execute legally binding contracts.

Many small businesses continue to operate unknowingly until a company search is done. The Ministry does not cancel articles without first making numerous requests for compliance. Your first step should be to determine why your company's articles were cancelled. Contact the Ministry. Government agencies and their representatives are generally friendly and helpful.

The cancellation of a company's articles should not be taken lightly. The business will be unable to enter legally binding agreements or contracts such as loans, leases, service or sales contracts, etc. An accountant and lawyer familiar with reviving cancelled corporations should be retained.

Henry Choo Chong, CGA, provides professional accounting and taxation solutions: choochonghcga@yahoo.ca.

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Money-saving tip

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Student ¢ents

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SPECIAL FEATURES EDITOR: STEPHANIE BOMBA, STEPHANIE.BOMBA@METRONEWS.CA

Spending habits key to success

BRIAN TOWIE
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When you're not in class, you're catching up on your required reading on your 15-minute break from your part-time job. What you make is not enough to keep up with the mounting bills and unforeseen costs of being a post-secondary student. You're exhausted, frustrated and every day you find yourself deeper in a financial hole.

Going to school is a full-time job that requires a lot of money, and students sometimes don't have the funds to stay in the game.

Not a pretty picture, but one you might likely face. Going to school is a full-time occupation that requires big-time cash, and students sometimes don't have the funds or the energy to stay in the game. But don't get yourself down. There are ways, albeit marginal, to get out of the deep end of the red and possibly back into the black.

You're going to have to make some changes to your spending habits to start, says Myron Knodel, financial planning expert at Investors Group. Less Saturday night fun means more money in your pocket. Declaring bankruptcy is an option, but should only be considered as a last resort due to a possible bad credit rating and the fact that what you owe on your Canada Student Loan won't be forgiven.

You could consider consolidating your numerous debts into a loan with a lower interest rate. Renegotiating a payment plan is another alternative, should you find yourself pushing the panic button. Depending on who loaned you the money, it might be your best bet.

"You can always renegotiate with your creditors, and the success of that is reliant on who your creditors are," Knodel said. "Family, for example, might be more willing to help you. But even arms-length creditors do have some flexibility in regards to negotiating a reduced rate and ways to pay back what's owed."

But how much can a strained and starving student tighten their belt before it's too much? They may already be working at the absolute limit of their time and energy, doing their best to balance their academic career while labouring to finance it, says Katherine Giroux-Bougard, national chairperson for the Canadian Federation of Students. And she notes the situation isn't exactly improving, with some cash-strapped students even heading to food banks at their local campus to keep themselves fed.

"We do hear about a lot of students struggling. Some of them are working two and three jobs at a time to make ends meet, and as a result it's a big challenge for them to keep up with their academics," she said. "But there's no option. Not only are tuition fees going up, additional fees are being tacked on for what you used to be able to get for free — transcripts, student cards and the like."

You can turn to your school's financial aid office for help and advice, but usually only in the most superficial way, she says. Many institutions have emergency funds and scholarships available, but there's no guarantee you'll get one.

What got you into this mess? A perceived lack of public funding is not to blame, says Hugh Mackenzie, a research associate for the Canadian Centre for Policy Alternatives.

Citing Liberal MP Bob Rae's 2005 report on Ontario post-secondary education, Mackenzie says it's true more students from the 25 per cent highest-income households make up more of the student population (at 31 per cent) than those from the 25 per cent lowest-income households (at 21 per cent). But the highest pays the lion's share of the taxes for education funding at 47 per cent, while the lowest pays 8 per cent, supporting the case that general government revenue does indeed transfer to lower-income students.

Regression and financial hardship must therefore come, Mackenzie argues, from rising tuition fees and targeted subsidy policies, and it's the middle-income bracket that gets hit the hardest in this regard.

Invariably, these students pay higher fees, which are then earmarked for the poorest students — all of the cost, none of the benefit. As a result, the financial roadblocks to a post-secondary education rise for this group.

Mackenzie writes in his April 2007 report, "Only the complacent would take comfort ... in the fact that participation in undergraduate post-secondary education has not declined in a decade of tuition fee increases ... As if 'not declining' is acceptable in an economy in which the only jobs that are growing in number are jobs requiring post-secondary credentials.

"Part of doing more is recognizing the obvious — that steadily increasing tuition fee levels create barriers to access for lower and middle-income students and have contributed materially to the increasing levels of debt with which students now graduate."

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MLB

The Minnesota Twins will call their new ballpark Target Field. The baseball team and Target Corp. announced yesterday an agreement in principle on a 25-year partnership that includes naming rights to the Twins' new stadium, scheduled to open for the 2010 season. **THE ASSOCIATED PRESS**

Sports

Brewers fire manager Yost

The Milwaukee Brewers fired manager Ned Yost, left, yesterday, hoping to pull out of another late-season slump that has jeopardized the team's chance of making the playoffs for the first time since 1982. Third-base coach Dale Sveum will take over as interim manager for the rest of the season. The Brewers have lost seven of eight and fallen into a tie with Philadelphia for the NL wild-card lead. THE ASSOCIATED PRESS

EDITOR: JONATHAN P. KUEHLEIN, SPORTS@METRONEWS.CA

Schenn in tough to make Leafs

NHL The battle for spots on the Maple Leafs blue-line is wide open — unless your name is Luke Schenn.

Toronto coach Ron Wilson, echoing the thoughts of Leafs general manager Cliff Fletcher last week, made it clear yesterday that it will take a miracle for Schenn, the team's first-round draft pick, to be in Toronto when camp breaks.

Schenn

"We have 10 NHL defencemen. Luke's on the outside," said Wilson. "(He'd) really have to be incredibly impressive to crack the lineup. You're not going to keep him around here as a fifth, sixth or seventh defenceman. I don't think Cliff and I believe that would be beneficial to him. You have to be ready. At 18 years old, this is a tough nut to crack."

That's a reversal from Friday when Wilson said Schenn had "a good shot" at making the team.

Schenn, who has drawn comparisons to Adam Foote, is apparently destined to return to his junior team in Kelowna.

Still, Wilson did promise some surprises through camp as he and his staff settle on defencemen.

"These guys are going to compete and there's probably going to be a shock or two at the end of training camp as far as who is going to be here," said the coach.

TORSTAR NEWS SERVICE

Palin prompts Philly promo

VP candidate's comments inspire Flyers to hold 'hockey mom' contest

YorkReport

Marty York

marty.york@metronews.ca

Sarah Palin is influencing the NHL.

The Philadelphia Flyers have launched a marketing campaign directly related to Palin's recent comments that she is "a hockey mom." The Republican Party's vice-presidential candidate also joked publicly that lipstick is the only difference between hockey moms and pit bulls.

And so the Flyers are following up by seeking "the ultimate hockey mom," and the winner will receive more than $5,000 in prizes as well as tickets for Philly games. Mothers are being encouraged to visit philadelphiaflyers.com and submit posters showing their hockey mom pride. The contest ends Oct. 1.

There will be $500 gift cards for the second- and third-place finishers and every mom who enters will get a consolation prize: Puck-er Peach Lipstick.

Cool.

• Speaking of cool, that's what members of a new women's football league will be when they start playing in major U.S. cities in 2009.

They'll be cool, see, because they'll be playing in skimpy lingerie.

The Lingerie Football League — or LFL, as it will become known — is a spinoff of The Lingerie Bowl, a TV event that involved scantily-clad women during halftimes of recent Super Bowls.

According to the league's web site, the LFL will be "real fantasy football."

• That was nice of the NFL to show us in Denver a couple of days ago that, yes, its officiating can be just as shabby as the CFL's often is. Misery loves company … There's a good chance, by the way, that all four teams in the CFL West could post better records than the East's three week-sister squads — the Toronto Argonauts, Winnipeg Blue Bombers and Hamilton Tiger-Cats — but one of these Eastern teams still would qualify for the playoffs, no matter what. And the fourth-place Western team could do no better than cross over for the post-season and visit the second-place Eastern team … From the rich-about-to-get-richer department comes info that the Boston Red Sox are front-runners to sign Japanese star Junichi Tazawa, a 22-year-old pitching phenom … Have the Pittsburgh Pirates ever suffered since trading B.C.'s Jason Bay to Boston. Entering last night, the Pirates had lost 15 of their past 18 games and were 10-27 since trading him Aug. 1 … The Barry Bonds-less San Francisco Giants will likely become the first MLB team to hit fewer than 100 home runs in a season since the 1993 Florida Marlins (94 in 1993). But this year's Marlins are the first MLB team in history with four infielders (Hanley Ramirez, Jorge Cantu, Mike Jacobs, Dan Uggla) who have hit at least 25 homers.

Getting better with age?

• Jamie Moyer of the Philadelphia Phillies won his 13th game of the season Sunday, the most for any non-knuckleball-throwing 45-year-old in MLB history.

Marty York has been a groundbreaking sports columnist and broadcaster in Canada for decades.

Gretzky looking at reduced role with Team Canada

Wayne Gretzky, who headed Team Canada at the last two Olympics, will not be running the show in 2010.

"I'm going to be involved in a smaller way, in a smaller role ..... something to help out Team Canada, but it will not be my team," Gretzky told the FAN 590 yesterday.

As part of an on-going dialogue, Gretzky again spoke with Bob Nicholson, president of Hockey Canada, over the weekend. He then confirmed to the Hockey Central at Noon show that he would not be reprising his leadership role as Team Canada's Executive Director.

"I'm not exactly sure where I'm going to fit in," said Gretzky, looking ahead to the Vancouver Games.

"I've always had a connection with being involved with Team Canada and being part of Team Canada.

Gretzky

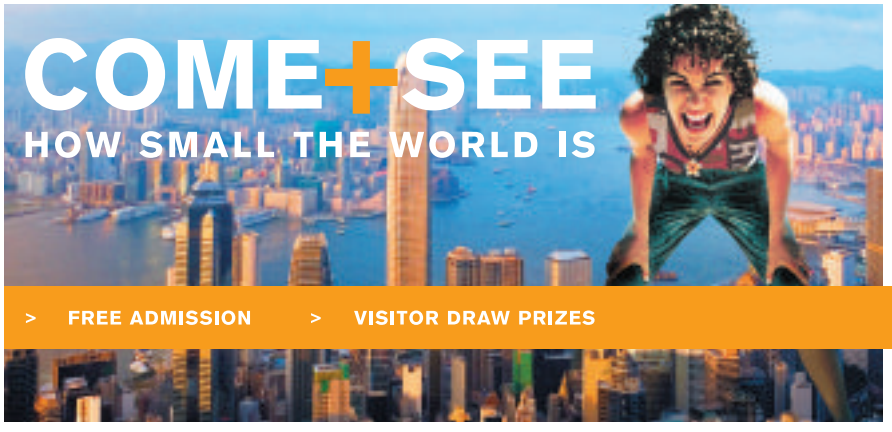
Where I'm going to fit is still to be determined. But I don't think I'll have the same responsibility as I had in '02 and '06, but to be involved and just to be able to lend a hand is something I would be happy to be a part of."

Nicholson said he'd had "numerous discussions over the past weeks and even months" with Gretzky before the Great One conceded it was time to give the director's role to someone else.

"Wayne has been tremendous for our program and organization over the past years, and I would definitely like to see him play a role, but the scope and details of Wayne's possible involvement with our team in 2010 have yet to be determined," said Nicholson.

Gretzky was the manager of the squad that ended a 50-year gold medal drought at the Salt Lake City Olympics in 2002. He again ran the team in 2006 at Turin. That team didn't win a medal.

TORSTAR NEWS SERVICE



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Soccer
The high price Liverpool's owners are demanding for the club coupled with the global economic meltdown has ended a Dubai investment group's interest in buying out Tom Hicks and George Gillett Jr., The Associated Press has learned. THE ASSOCIATED PRESS

Sports in brief

NFL Falcons safety Lawyer Milloy has been arrested on DUI and speeding charges in suburban Atlanta. Authorities say the 34-year-old player was released from jail yesterday morning after posting bond of more than $1,600 US. He was arrested about five hours earlier. Milloy is in his 13th NFL season, his third with Atlanta.

NFL Steve Smith is back with the Carolina Panthers, just in time to join a team full of confidence after a surprising 2-0 start. The receiver's two-game suspension for breaking teammate Ken Lucas' nose in a training camp fight ended yesterday.

HORSE RACING Kentucky racing regulators are preparing to impose new restrictions this month on the use of whips in harness racing, and more changes could follow soon.

THE ASSOCIATED PRESS

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Argos bench Joseph

Matthews makes shocking first major decision as coach

The day after he arrived in Toronto to take the head coaching reins of the Argonauts, Don Matthews warned that reputations meant nothing when moves had to be made.

He was true to his word yesterday when he announced that quarterback Kerry Joseph, the league's most outstanding player last season and the Argo who cashes the biggest paycheque every week, was being benched for Saturday's game in Calgary.

The job now falls into the hands of Cody Pickett, the former San Francisco 49er who threw his first CFL pass late in Friday's embarrassing 39-9 loss to the Winnipeg Blue Bombers.

"By no way is Kerry Joseph the bad guy in this situation," Matthews said yesterday after a weekend of watching video from his first game in the CFL since he retired two years ago. "The situation was that nine points is not enough.

RENE JOHNSTON/TORSTAR NEWS SERVICE

Cody Pickett will get the start at quarterback for the Argonauts this weekend in place of veteran Kerry Joseph, who is currently the second-worst rated pivot in the CFL.

"We need to generate more points. We had some good production from Cody at the end. We've got to look at that scenario," Matthews added.

The move is a stunning one, though Matthews indicated it's only the first of many that will be made as he tries to rescue the season for the 4-7 Argos.

Matthews denied that benching a high-profile player was intended to send a message to underachieving players.

"I don't send messages," he said. "I make decisions based on what I think is best for the football team."

Joseph was not available for comment, but Matthews said he took the news "as you would expect. Disappointed."

Joseph admitted Friday night that he had played poorly, calling it the worst game of his six-year CFL career.

He completed 19 of 37 passes for 239 yards, but more importantly gave up three interceptions.

He could have had a touchdown pass, but wide receiver Bethel Johnson dropped the ball.

TORSTAR NEWS SERVICE

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Scott Rolen, 3rd Baseman.
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Media
Jack Falla, who covered the NHL for Sports Illustrated in the 1980s, died of a heart attack on Sunday. He was 62. THE ASSOCIATED PRESS

Canadian speeds to double gold in Beijing

Stilwell breaks record in 100-metre race

Canada's Michelle Stilwell captured her second gold medal of the Beijing Paralympics, racing to victory in the 100 metres yesterday.

The wheelchair racer from Nanoose Bay, B.C., clocked a Paralympic Games record of 19.97 seconds to win, coming on the heels of her gold medal performance in the 200 metres.

"It feels incredibly amazing to come here and accomplish my goals," said Stilwell, who was part of the women's basketball team that won gold at the 2000 Paralympics. "When you focus on your abilities rather than your disabilities there are no limits. It feels pretty darn good to put all those years of hard work and dedication to get the result you want."

Stilwell's gold was one of two medals Canada captured on the track yesterday as visually impaired runner Jason Dunkerley of Ottawa added a bronze in the men's 1,500 metres.

Canada wrapped up the swimming with two more medals in the Paralympic pool as Valerie Grand'Maison of Montreal won a silver in the women's 50-metre freestyle and Benoit Huot collected his fourth bronze of the Games, in the 400-metre freestyle.

Yesterday's medals boosted Canada's total to 47 — 18 gold, nine silver, 20 bronze. China leads with 187 medals (80, 60, 47).

The Canadian swim team finished with 23 medals — seven gold, seven silver and nine bronze.

At the Bird's Nest stadium, Stilwell, who became a quadriplegic when she was 17 — she was riding piggy-back with a friend when she fell — narrowly missed her world record in the 100 of 19.60.

"It was pretty good," Stilwell said. "I had a decent enough start but I just didn't get the full hand speed I would have liked. I'm still satisfied with my race."

THE CANADIAN PRESS

ANDY WONG/THE ASSOCIATED PRESS

Canada's Patrick Anderson is challenged by Steve Serio of U.S. during their wheelchair basketball semifinal yesterday at the Paralympic Games in Beijing. Canada won 69-62 in double overtime.

Sports in brief

OLYMPICS Olympic gold medallist Adam Kreek headlines six accomplished athletes that have been elected to the Canadian Olympic Committee's Athletes Council. Kreek, who was a member of the men's eight crew that won rowing gold in Beijing, was elected by his peers, along with rower Iain Brambell (2008 Olympic bronze), rower David Calder (silver), kayaker Adam van Koeverden (silver), plus swimmer Rick Say and hurdler Perdita Felicien. The Council reviews and provides recommendations to the COC on issues that impact Olympic and Pan American Games athletes, including team selection and funding.

CRICKET Cricket Australia will be left to make the final decision about touring India following a series of bomb attacks in New Delhi, Foreign Minister Stephen Smith said yesterday. The third Test of the four-match series is scheduled to start in New Delhi on Oct. 29.

METRO NEWS SERVICES

SCOREBOARD

MLB

AMERICAN LEAGUE

EAST DIVISION

	W	L	PCT	GB
Tampa Bay	88	59	.599	—
w-Boston	88	61	.591	1
TORONTO	**80**	**70**	**.533**	**9½**
N.Y. Yankees	80	70	.533	9½
Baltimore	66	82	.446	22½

CENTRAL DIVISION

	W	L	PCT	GB
Chicago Sox	83	66	.557	—
Minnesota	82	68	.547	1½
Cleveland	73	77	.487	10½
Detroit	70	78	.473	12½
Kansas City	65	84	.436	18

WEST DIVISION

	W	L	PCT	GB
x-L.A. Angels	92	57	.617	—
Texas	73	77	.487	19½
Oakland	69	80	.463	23
Seattle	57	91	.385	34½

NATIONAL LEAGUE

EAST DIVISION

	W	L	PCT	GB
N.Y. Mets	83	66	.557	—
w-Philadelphia	83	67	.553	½
Florida	77	72	.517	6
Atlanta	67	83	.447	16½
Washington	57	93	.380	26½

CENTRAL DIVISION

	W	L	PCT	GB
Chicago Cubs	90	58	.608	—
w-Milwaukee	83	67	.553	8
Houston	80	69	.537	10½
St. Louis	78	71	.523	12½
Cincinnati	68	81	.456	22½
Pittsburgh	63	87	.420	28

WEST DIVISION

	W	L	PCT	GB
L.A. Dodgers	78	72	.520	—
Arizona	72	76	.486	5
San Francisco	68	81	.456	9½
Colorado	68	82	.453	10
San Diego	57	93	.380	21

(w — teams currently holding wild-card spots; x — clinched division title)

YESTERDAY'S RESULTS

AMERICAN LEAGUE
Cleveland 3 Minnesota 1
N.Y. Yankees 4 Chicago Sox 2
Boston at Tampa Bay
Detroit at Texas
Seattle at Kansas City

NATIONAL LEAGUE
Chicago Cubs 6 Houston 1
L.A. Dodgers 8 Pittsburgh 2
Washington 7 N.Y. Mets 2
San Diego at Colorado
San Francisco at Arizona

TONIGHT'S GAMES

AMERICAN LEAGUE
Minnesota at Cleveland, 7:05
Chicago Sox at N.Y. Yankees, 7:05
Baltimore at **TORONTO**, 7:07
Boston at Tampa Bay, 7:10
Detroit at Texas, 8:05
Seattle at Kansas City, 8:10
L.A. Angels at Oakland, 10:05

NATIONAL LEAGUE
L.A. Dodgers at Pittsburgh, 7:05
Houston at Florida, 7:10
Philadelphia at Atlanta, 7:10
N.Y. Mets at Washington, 7:10
St. Louis at Cincinnati, 7:10
Milwaukee at Chicago Cubs, 8:05
San Diego at Colorado, 8:35
San Francisco at Arizona, 9:40

AL BATTING LEADERS

Name, team	AB	R	H	AVG
Pedroia Bos	611	113	200	.327
Ordonez Det	507	68	164	.323
Mauer Min	482	90	155	.322
Kinsler Tex	518	102	165	.319
Huff Bal	557	94	175	.314
Morneau Min	567	92	177	.312
Ibanez Sea	581	81	181	.312
Suzuki Sea	628	95	195	.311
Youkilis Bos	500	85	155	.310
Polanco Det	547	85	168	.307
Rodriguez NYY	475	101	146	.307

NL BATTING LEADERS

Name, team	AB	R	H	AVG
Jones Atl	425	79	155	.365
Pujols StL	486	91	175	.360
Holliday Col	517	103	170	.329
Berkman Hou	512	110	167	.326
Winn SF	546	80	172	.315
Lee Hou	436	61	137	.314
Guzman Was	543	75	169	.311
Theriot ChC	541	78	166	.307
Schumaker StL	498	82	152	.305
Molina StL	443	37	135	.305

CFL

EAST DIVISION

	W	L	T	PTS
Montreal	7	4	0	14
TORONTO	**4**	**7**	**0**	**8**
Winnipeg	3	8	0	6
Hamilton	2	9	0	4

WEST DIVISION

	W	L	T	PTS
Saskatchewan	8	3	0	16
Edmonton	7	4	0	14
Calgary	7	4	0	14
B.C.	6	5	0	12

WEEK 12

FRIDAY'S GAME
Winnipeg at Hamilton, 7:30

SATURDAY'S GAMES
TORONTO at Calgary, 6:30
B.C. at Saskatchewan, 9:30

SUNDAY'S GAME
Edmonton at Montreal, 1

NFL

WEEK 2

LAST NIGHT'S GAME
Philadelphia at Dallas

SUNDAY'S LATE RESULT
Pittsburgh 10 Cleveland 6

SOCCER

GAMES FEATURING TORONTO FC:

SATURDAY'S GAME
TORONTO at Kansas City, 8

SFU to open Blusson Hall

Tomorrow, Simon Fraser University will officially open its $57-million Blusson Hall, which will house the school's health sciences faculty. The 3-storey facility is named after Stewart and Marilyn Blusson, who donated $12 million to the project. METRO NEWS SERVICES

Workology

Law rankings

Maclean's recently released its second annual rankings of Canada's law schools and the University of Toronto ranked first for elite firm and faculty hirings.

METRO NEWS SERVICES

EDITOR: DOUGLAS DUNLOP, DOUGLAS.DUNLOP@METRONEWS.CA

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RAFAEL BRUSILOW
for Metro Canada

RAFAEL BRUSILOW/FOR METRO CANADA

Lyndal Walker is the managing director of Abraxis Bioscience Canada.

A desire to help women from all walks of life fight breast cancer has led Lyndal Walker to the forefront of a research field traditionally dominated by men.

Walker, 42, is vice-president and managing director of Abraxis Bioscience Canada Inc., which researches and produces powerful drugs to help terminally ill breast cancer patients fight the disease.

A close friend of Walker's was diagnosed with breast cancer at age 32 and died at age 38, so Walker knows first-hand the effect breast cancer can have on the loved ones of people with the disease. It's what motivates her to help provide such women as much time as possible with their families.

"Seeing women suffer, seeing younger women diagnosed with breast cancer, it's extremely compelling to do things to let them stay with their children longer," Walker said.

Born in Australia, Walker moved to Canada 20 years ago to study oncology and quickly found work in the pharmaceutical industry here. Though she now heads the Canadian arm of Abraxis (the company is originally rooted in Los Angeles), she spent the first five years of her career in oncology learning as much as she could and building experience, both from successes as well as failures.

"You can learn probably more through the mistakes that the successes. Twenty years ago I was a little cog in the wheel, now I steer that wheel," Walker said.

She says the secret to learning in the workplace is to work with people who are better than you, no matter how scared or intimidated you are.

"Always look to align yourself with people who you'll learn from. Sometimes you have to swim with the sharks," Walker said.

> **"Anyone can do good things — you should want to do great things."**
> Lyndal Walker

With two young daughters and a husband vying for her time, Walker says it can be hard slotting in regular 6 a.m. conference calls with Sydney, Paris and L.A. while keeping the company running smoothly.

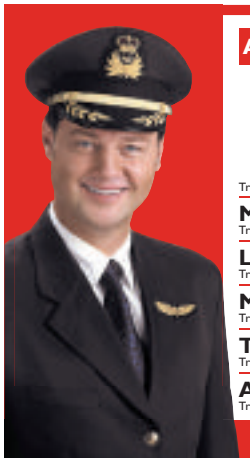
"I try to be a good leader. It doesn't mean I haven't had sleepless nights. Your confidence goes up and down," she said.

She says leaders need to learn how to take the good with the bad or risk being left without trustworthy advisors.

"You have to be receptive to feedback from people — what you think you're doing is correct may not be. You have to have honesty," she said.

Despite the accountability and responsibility involved in leading a company, Walker insists it is the hardest decisions that lead to the most rewarding outcomes in the end.

"Anyone can do good things — you should want to do great things. By doing great things, it pushes you to places you've never gone before. You have to feel you are making a difference in people's lives," Walker said.



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Literacy an issue

Literacy levels among Canada's Aboriginal population require improvement, according to a new report from the Canadian Council on Learning. The proportion of Aboriginal adults whose literacy skills are below Level 3 is at least 16 per cent higher than for non-Aboriginals. METRO NEWS SERVICES

Staining glass as art and as a career

Small Business

ERIC EMIN WOOD
for Metro Canada

When Victoria Balva first came to Canada from her native Ukraine, she began her stained glass career in what she derisively calls a "mass-production company."

"The reason I decided on stained glass was we could do everything: Murals, mosaic, large-scale, small-scale," she says.

Stifled by the rote predictability of her day job Balva, with help from her husband, struck out on her own.

For more than seven years Balva's company, Artistic Line Studio, has created hundreds of stained glass projects for customers in and around the Greater Toronto Area, including skylights, doors, bathroom windows, wall dividers and domes.

Unlike her former employers, Balva's customers give her absolute freedom. "They just show me the space they have and the idea they have and they wait while I bring them something," she says. "And the more crazy ideas I develop, the more they like it."

One of Balva's recent projects relied on materials that larger-scale companies had dismissed as garbage.

"They were sides from very expensive glass just put in the corner and sold by weight," she says. "They sold the beautiful glass for hundreds and this for nothing."

Balva bought the discarded pieces and used them to create medium-sized panels, incorporating the pre-cut edges of the glass into her designs. The panels quickly sold out at multiple conventions.

"Each day after the show we returned to our studio and worked until 3 a.m. and next morning we were at the show with two, three new panels that we sold during the day," she says.

"They just show me the space they have and the idea they have, and they wait while I bring them something."
Victoria Balva

Her current project is a glass mural for the chapel at Father Michael Goetz Secondary School in Mississauga. "It's been a long-time dream for the school," says Balva.

However, school planners had a very specific location in mind: The front of a glass block wall, which cannot support panels. As a result Balva plans on using steel cables to suspend the mural, creating the impression of a three-dimensional object floating in the air.

"I will never say that it is not possible to do a project," she says. "We just need to find the right way to design and fabricate it."

In the future Balva would like to design more public art projects similar to her work for Father Michael Goetz Secondary. She retains her belief in the value of stained glass for the home, however. "Decorative glass plays the role of architectural jewel for our buildings," she says.

For more information, check out artisticlinestudio.com.

RAFAEL BRUSILOW/FOR METRO CANADA

Victoria Balva's company specializes in stained-glass.

Top tips for your home business

Those starting up their own home business could use these tips.

• **DESK:** To sit perchance to file. Every entrepreneur needs a place to operate his or her business — a place for billing, filing, copying, writing and e-mailing. For many homepreneurs, their desk becomes their office, so it has to be great. Ideally, the desk has a lot of drawers for storage, at least two or three full sides so that there is a lot of desk space and a high wall on one side so you can block out other rooms and activities.

• **HEADPHONES:** Listen up — working from home can be noisy — being able to plug in your headphones and ignore everything around you is a crucial part of staying focused and achieving what you have to in order to build your business.

• **A TALL FILING CABINET:** Anything vertical in a home office is a real space saver. A tall, thin filing cabinet that takes up minimal wall space is key.

• **LAPTOP:** When you work at home, sometimes you just have to get out of the office to be with people. Even if it means plugging in your laptop at a local coffee shop. Make sure it has as much power as your personal computer or you will become frustrated very easily.

• **QUICKBOOKS SOFTWARE:** The biggest problem many home-based businesses run into is a lack of resources, which can lead to disorganization and therefore a lack of productivity. Investing in a good bookkeeping program will help you with year-end, accounting and cash flow management. The first thing a new small-business owner should to once their desk is set up and their laptop is working is install Quickbooks and get a system for cash flow management set up before the business grows, not after.

Office supply retailers such as Staples Business Depot offer a wide array of products to help homepreneurs get started. You can find many of the items mentioned above at easy.staples.ca.

NEWS CANADA

Give a boost to your small business

• Small business owners often start up businesses based on a deep personal passion. They bring their own special talents to the products and services they offer to consumers — talents that are more enjoyable and often far removed from the many "paperwork" details that take up so much of a working day. RBC's website provides advice on key aspects of starting up and growing a business, including:

• Matching financing solutions to your needs
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• Building a better business
• Making sense of taxes
• Opening a business deposit account

People who visit the site have the opportunity to submit tips of their own as well. Visit RBC.com for more information.

NEWS CANADA

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Preston Manning proposes masters program for politicians at Carleton
Reform party founder Preston Manning is currently in talks with Carleton University about establishing a masters degree to train politicians. The degree would be based on masters programs in political management in the U.S. METRO NEWS SERVICES

Employee to entrepreneur

Many Canadians leave the workforce and start a business, whether to fulfil a dream of entrepreneurship, or because of an employment disruption such as lay-off or injury.

Entrepreneurship can be exciting and rewarding. It can also be challenging, and it isn't for everyone.

Many people start a small business in order to enjoy the perceived rewards of freedom and independence.

The reality of small-business ownership can be quite different. Many small business owners will tell you they work more hours than when they worked for someone else.

- Do you like to make your own decisions?
- Do you enjoy competition?
- Do you have will power and self-discipline?
- Do you plan ahead?
- Do you get things done on time?
- Can you take advice from others?
- Are you adaptable to changing conditions?
- Do you have the physical stamina to handle a business?

ask

- You need to ask yourself if you have what it takes to start your own business.

The Canada-Ontario Business Service Centre (COBSC) provides free government information for small business in Ontario. A full questionnaire on what to consider before starting your own business can be found online at canadabusiness.ca/ontario.

Specially trained business information officers are available to assist you in English or French when you call the COBSC toll-free (1-888-576-4444 or TTY: 1-800-457-8466) weekdays between 8:30 a.m. and 6 p.m.

You'll also find online The Business Start-Up Info-Guide, to help you navigate the federal and provincial government programs, services and regulations that may apply to individuals starting a business in Ontario. As well, you can access informative and useful fact sheets, such as Legal Issues when Starting a Business, Naming a Business and Buying a Business, plus checklists and questions to help you think about what you need to know before you go into business.

NEWS CANADA

NEWS CANADA

When you decide to start your own business, make sure it's something that you enjoy doing and that you're passionate about.

Choose your employee bonus with care

TAXATION Every small business owner knows that a satisfied, motivated employee works harder and is less likely to quit. To help keep the troops happy, many employers hand out bonuses.

"A bonus is a great way to reward employees, but many small business owners don't realize that a holiday bonus can create tax penalties if not handled right," says Rod Dobson, President of ADP Canada Employer Services.

Cash bonuses, gift cards or other gift items can be considered taxable benefits by the Canada Revenue Agency, which means extra tax consequences for the employee — and extra paperwork for the owner. If tax filings are forgotten, ignored or done incorrectly, a business may face penalties or even interest on the money owed.

NEWS CANADA

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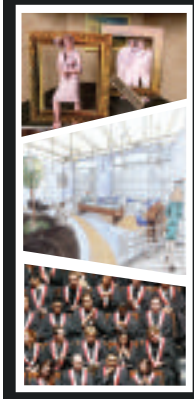

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Your Health is a monthly feature that focuses on health, beauty and lifestyle issues. Next month's issue comes out on Oct. 21.

Your Health

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Oral fixation

The experts agree: Good dental hygiene is linked to your overall health. **More on dental health, pgs. 28, 32, 36 and 38.**

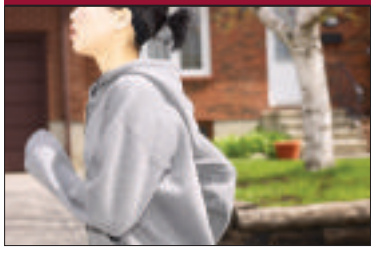
Feet first Pg 30

Some women go to extremes to squeeze into sexy shoes.

The J Spot Pg 33

Josey Vogels discusses David Duchovny and sex addiction.

Beat the bloat Pg 34



Fight the fat gene with moderate activity, experts say.

Your Health is a monthly feature that focuses on health, beauty and lifestyle issues. Next month's issue comes out Oct. 21.

While eating an apple a day may keep the doctor away, the acidity of fruit can cause acid erosion on your teeth, experts say.

PETER DAZELEY/PHOTOGRAPHER'S CHOICE

Skip the apple, go for cheese

LEYLA EMORY
for Metro Canada

An apple a day may keep the doctor away, but if it's the dentist you're looking to dodge, go with cheese.

Fruit may be part of a healthy diet, but the acidic treats can wreak havoc on your teeth. "Acid erosion is tooth wear that occurs as a result of acids in the mouth resulting in the loss of surface enamel," explains Dr. Don Friedlander, president-elect of The Canadian Dental Association.

What's a little loss of enamel for the sake of a nutritious Red Delicious? Pain. Beyond just losing their lustre, your once pearly-whites will take on a browner colour as the enamel wears away exposing the darker and nerve ridden dentin. "So, teeth can become cold, sweet and touch sensitive," says Friedlander.

Of course, fruit can't take all the blame. "A lot of factors lead to acid erosion," says Friedlander. "Teenagers, for example, are drinking more pop. People are living longer. Their teeth are exposed for a longer period. There's more snacking and less formal sit-down meals. That means there could be acidic foods or drinks sitting next to teeth for longer periods of time. Sports drinks (with their high acid and sugar content) are another possibility."

With assaults on all fronts, it's surprising how few people are aware of acid erosion. "I'm not sure if I have any," says 28-year-old Victoria Shelep, who visits her dentist regularly. "I've probably got some, just generally over time."

She's probably right according to Dr. Martin Addy, one of the experts featured on the GlaxoSmithKline (producers of Sensodyne Pronamel toothpaste) website, acid-erosion.co.uk. "I think if you look into any dentition virtually at any age … you'll find some form of wear … One could probably say that the prevalence is actually about 100 per cent," he says in a video shot at the FDI World Dental Federation conference in Montreal three years ago.

Enamel, once lost can never be rebuilt, according to Friedlander, but there are ways to avoid losing and re-strengthening, what's still there. "My advice: Find a low-abrasive toothpaste that has fluoride in it. Fluoride is helpful in reducing the enamel's susceptibility to acid."

And eat cheese. Finishing a meal with foods that are high in calcium, like milk or cheese, "can be effective in neutralizing the acid as well as providing the building blocks for re-mineralizing areas that have been affected," says Friedlander.

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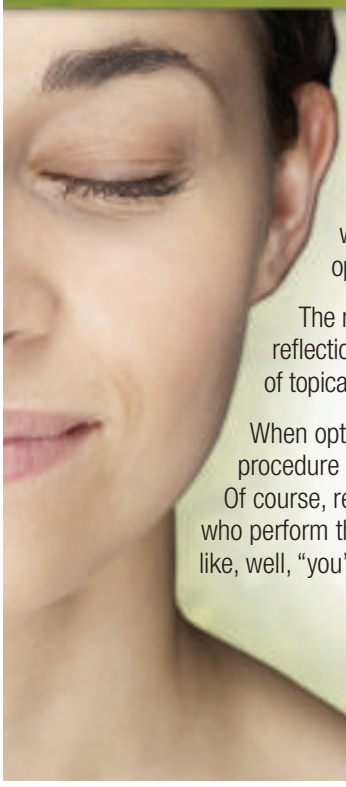

Solid clinical studies prove this to be the all-natural facelift the medical community may not want you to know about.

Everyone is familiar with the saying "Don't judge a book by its cover." Yet that's exactly what everyone does when it comes to one's facial appearance. As we age, our skin slowly loses its firmness and elasticity. What options do we have? Until recently, not many.

The most common choice is to simply surrender and age gracefully. Those finding difficulty in accepting their reflection in the mirror each morning likely opt for the middle ground: attacking premature aging with a battery of topical treatments. Sadly, most have little effect and offer minimal, if any, clinical data to substantiate their use.

When options one and two fail, many resort to plastic surgery. The only thing natural about this unnatural procedure is the potential risk of undergoing invasive surgery along with the drain it will have on the bank account. Of course, results can be as varied as the surgeons who perform the procedures. You may not look like, well, "you" when all is said and done.

Before

After 56 Days

Nothing plastic about this facelift from within.

Amazingly, all of the aforementioned treatments confront aging skin from the surface — or the epidermis. Which, when you think about it, is quite strange. After all, your skin is the largest organ in your body. Notice the word "in" rather than "on." You don't wear your skin. Your skin is representative of who you are on the inside. And by feeding your skin with the proper nutrients, you can greatly slow, even reverse the torrent of aging skin.

The discovery of the DermaSilk® anti-aging formula puts a serious wrinkle in how we believed, and the medical community believes we should care for our skin. A facelift from the inside out? Indeed.

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Double-blind studies prove to be real eye opener.

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Your Health is a monthly feature that focuses on health, beauty and lifestyle issues. Next month's issue comes out on Oct. 21.

If the shoe fits ... or doesn't

Women opt for cosmetic surgery to squeeze into glamorous footwear

CELIA MILNE
for Metro Canada

Are you longing for a pair of high-heeled, pointy-toed boots for fall? Wish you had Sarah Jessica Parker's slender tootsies?

Use common sense to figure out whether those sexy boots in the store window are realistic for you.

Foot surgeons, especially in the U.S., are reporting that women will go to extreme lengths to get their feet into glamorous boots and shoes.

The most radical operations are toe shortening, foot narrowing, toe amputation and injecting silicone into the ball of the foot to add more padding.

Orthopedic surgeons generally don't do foot surgery unless the patient is in pain or can't function properly, but that doesn't stop some women from asking for purely cosmetic foot surgery. "Patients really want it. They will deal with the pain afterward. They want to wear that shoe," says Dr. Donald Bohay, a spokesperson for the American Foot and Ankle Society and an orthopaedic surgeon in Grand Rapids, Mich. "We don't operate willy-nilly, we want to make sure the benefit is worth the risk."

The problem is, he says, is "to make the foot prettier, you make it worse."

Risks of foot surgery include infection, nerve injury, pain, deformity and swelling that can last as long as six months. "It doesn't make sense to put yourself at risk for something that is cosmetic," says Dr. Bohay.

Dr. Bohay has had women ask him to shorten one of their toes because their feet look bad in sandals. He always says no to cosmetic foot surgery, but fears another health-care practitioner will eventually say yes. "If someone wanted it badly enough, they could find someone to do it. It wouldn't be right, but they could find somebody."

In Canada, says Dr. Johnny Lau, president of the Canadian Orthopaedic Foot and Ankle Society, the problem exists but is less prevalent. "It's done in the U.S. — shortening toes. I get people walking in occasionally (asking for the operation), but it is more common for Americans." Dr. Lau — like other foot and ankle surgeons — only operates on people who are in pain or who can't function properly. "I do turn people away," says Dr. Lau, who is an orthopaedic surgeon at University Health Network in Toronto.

Dr. Lau is an advocate of designing shoes that fit the majority of the population, with wider toe boxes, for instance. He also hopes women use common sense when buying shoes. "Expectations to get into certain shoes are unrealistic," he says. Ironically, those he does operate on — who may have painful bunions or clawfoot — usually developed their painful condition from wearing the wrong shoes.

JUNKO KIMURA/GETTY IMAGES

The shoes of actress Sarah Jessica Parker, who is famous for wearing the type of glamorous shoes and boots some women get cosmetic surgery to fit into.

"Patients really want it. They will deal with the pain afterward. They want to wear that shoe."
Dr. Donald Bohay, a spokesperson for the American Foot and Ankle Society

Exercise can prevent cartilage from wearing down.

Protect your joints from arthritis

BODY Here are ways to protect your joints from osteoarthritis or slow its progression:

- Lose weight. Excess weight stresses hips, knees and other joints; every pound lost reduces the load exerted on the knee for each step by four pounds.
- Get active. Exercise strengthens the muscles around joints, which can prevent cartilage from wearing down.
- Stay straight. Good posture protects the neck, back, hip and knee joints.
- Lift carefully. Use your biggest and strongest joints and muscles when lifting or carrying to avoid straining smaller joints.
- Break it up. Rest between periods of heavy activity to prevent repetitive stress on joints that can accelerate wear and tear.

THE ASSOCIATED PRESS
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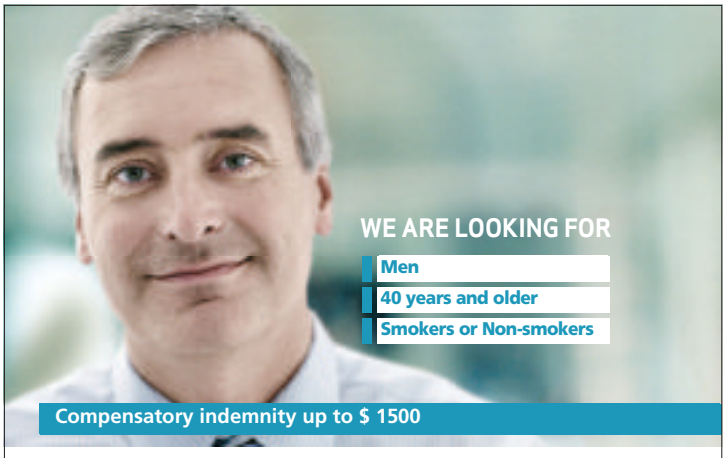

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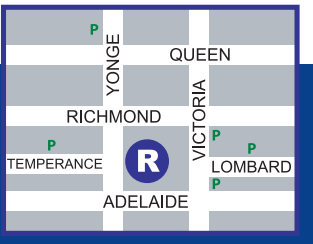

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ACHIEVE BALANCE. HEALTH MATTERS.

Your Health is a monthly feature that focuses on health, beauty and lifestyle issues. Next month's issue comes out on Oct. 21.

Who knew going to have your teeth cleaned can be as relaxing as a day at the spa?

Like going to the spa

ERIC EMIN WOOD
for Metro Canada

At Impressions, a dental office located at the corner of Danforth and Woodmount Avenues, services offered include sealant, a coating placed in the grooves of patients' teeth to prevent decay; one-hour in-office whitening; and custom-made sports mouthguards.

Complimentary spa services include aromatherapy; one-time-use slippers that patients get to take home with them; and paraffin wax hand treatment, which patients receive during the appointment.

"We're trying to offer a soothing environment where people can come and have their teeth cleaned," says Georgia Thomas, Impressions' owner and operator. "I know a lot of people have anxiety when it comes to dental appointments, and preventative dental hygiene is important in maintaining overall health."

The office includes a fireplace, while the dental chair provides a massage. Each room includes a flat-panel TV, "so everyone gets to watch whatever they like while they're having their teeth cleaned," says Thomas.

"And at the end of the appointment," she adds, "we give out hot towels so you can freshen up before you head out."

At Impressions, most appointments are cheaper than a regular trip to the dentist. The first visit, which includes a complete examination as well as a cleaning, costs $195 (though right now it's $165 because the spa is offering a 15 per cent discount), while an examination alone costs $61. Future cleanings are $120-$135 for 45-minute appointments and $160 and $175 for the hour. Most dentists charge around $120 for an exam and $300 for an exam and cleaning, says Thomas.

For those wondering, dental hygiene is a regulated health profession whose practitioners hold a two-year diploma. "Usually when you go to the dentist's to have a cleaning, it's the dental hygienist who does it for you anyway," Thomas says. A law was passed last September allowing dental hygienists to work without the supervision of a dentist, which means practitioners like Thomas can open their own clinics.

COURTESY GEORGIA THOMAS

Georgia Thomas, owner and operator of Impressions.

So far, business is going well. "It appeals to a lot of people," Thomas says. "We've even had people come from Burlington and Etobicoke, which is quite a distance, because we're on the east end of the city."

For more information, check out thedentalhygienespa.ca.

Tea protects against heart disease, cancer: Study

Drinking three or more cups of tea a day is as good for you as drinking plenty of water and may even have extra health benefits, researchers say, according to BBC News Online.

The work in the European Journal of Clinical Nutrition dispels the common belief that tea dehydrates.

Tea not only rehydrates as well as water does, but it can also protect against heart disease and some cancers, U.K. nutritionists found.

Experts believe flavonoids are the key ingredient in tea that promote health.

These polyphenol antioxidants are found in many foods and plants, including tea leaves, and have been shown to help prevent cell damage.

Public health nutritionist Dr. Carrie Ruxton, and colleagues at Kings College London, looked at published studies on the health effects of tea consumption.

They found clear evidence that drinking three to four cups of tea a day can cut the chances of having a heart attack.

Some studies suggested tea consumption protected against cancer, although this effect was less clear-cut.

Other health benefits seen included protection against tooth plaque and potentially tooth decay, plus bone strengthening.

Ruxton said: "Drinking tea is actually better for you than drinking water. Water is essentially replacing fluid. Tea replaces fluids and contains antioxidants so it's got two things going for it."

She said it was an urban myth that tea is dehydrating.

"Studies on caffeine have found very high doses dehydrate and everyone assumes that caffeine-containing beverages dehydrate. But even if you had a really, really strong cup of tea or coffee, which is quite hard to make, you would still have a net gain of fluid.

"Also, a cup of tea contains fluoride, which is good for the teeth," she added.

There was no evidence that tea consumption was harmful to health. However, research suggests that tea can impair the body's ability to absorb iron from food, meaning people at risk of anaemia should avoid drinking tea around mealtimes.

Ruxton's team found average tea consumption was under three cups per day.

She said the increasing popularity of soft drinks meant many people were not drinking as much tea as before.

"Tea drinking is most common in older people, the 40 plus age range. In older people, tea sometimes made up about 70 per cent of fluid intake so it is a really important contributor," she said.

Claire Williamson of the British Nutrition Foundation said: "Studies in the laboratory have shown potential health benefits.

"The evidence in humans is not as strong and more studies need to be done. But there are definite potential health benefits from the polyphenols in terms of reducing the risk of diseases such as heart disease and cancers."

METRO NEWS SERVICES

ADVERTISING FEATURE

Dental Hygiene & Your Oral Health

Dental Hygienists are licensed, primary healthcare professionals who provide preventive, therapeutic and educational services while promoting overall health through the maintenance of optimal oral health. The regular cleanings they perform remove calculus, stains and plaque, preventing gingivitis, periodontitis and the need for expensive dental surgery.

In September of 2007, Queen's Park acknowledged the need to improve access to dental cleaning services. The Ontario government amended the Ontario Dental Hygiene Act to permit Dental Hygienists to clean an individual's teeth without the presence of a dentist. Cathie Mazal-Kuula, President of The College of Dental Hygienists of Ontario, stated: "This is an historic moment in the history of dental hygiene in Ontario and for the public's improved access to preventive oral health care." Similar legislation has also been established in British Columbia and Alberta. The more affordable, convenient and easier the access to proper oral hygiene, the better the health of all Canadians.

The public wants to receive services when they need them and where they need them. 85% of respondents to a recent national survey by the Canadian Dental Hygiene Association agreed or strongly agreed that they would visit a dental hygienist in an independent practice, because dental hygiene care is important to keep their mouth healthy.

According to Canada's Oral Health Report Card, (Decima Research, March 2007) most Canadians earn a failing grade when it comes to identifying the conditions linked to oral health. Research revealed oral health and oral disease such as periodontitis are linked to overall health. Studies have found that for individuals with periodontal disease:

- Risk of heart disease is 1.5 to 2.7 times greater.
- Risk of stroke is 1.48 to 2.8 times greater.
- Likelihood of giving birth to premature, low birth-weight babies is 7 times greater.

A pair of studies from Britain and Dublin this year cited that poor dental hygiene boosts the risk of heart attacks and strokes. There are also strong indications of links with diabetes, osteoporosis, as well as respiratory and lung disease. Recent research evidence suggests that common oral disorders can have a significant impact on systemic health and the quality of life. They affect the well-being of individuals and society as a whole.

Independent Dental Hygiene Centres is located at 2233 Yonge Street in Toronto. The Centre provides more affordable, accessible and convenient dental hygiene services. They are open 7 days a week with extended hours. You can take advantage of their $99 introductory cleaning offer or their $399 in-office whitening for a limited time. A second Centre is opening October 2008 at Yonge & Sheppard.

For more information:
Independent Dental Hygiene Centres
2233 Yonge Street,
south of Eglinton,
416 488-9800
Email: info@idhc.ca
Visit:
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Your Health is a monthly feature that focuses on health, beauty and lifestyle issues. Next month's issue comes out on Oct. 21.

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Why get your teeth cleaned?
Because your teeth say a mouthful about your health. Oral health and overall health are so closely linked. Studies have found that poor dental hygiene boosts the risk of heart attacks and stroke. Isn't it good to know that our registered Dental Hygienists are helping you maintain a healthy life?

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MAD

AP PHOTO

David Duchovny, the former X Files star, recently checked himself into rehab for "sexual addiction."

Tackling 'addiction'

I wonder how David Duchovny's doing in rehab. As you no doubt know by now, the former X Files star and husband of actress Téa Leoni checked himself into rehab for "sexual addiction" at the end of August. No word on how he's doing but you have to wonder.

When one goes into rehab for alcohol or drug addiction, they don't generally let you bring in a flask or a joint or two for when the temptation gets to be too much. But, what do they do when a so-called sex addict feels the urge. Keep his hands tied behind his back?

Frankly, the whole idea of "sex addiction" is problematic.

If you treat sex addictions like, say, alcohol addiction, that is, if you are exposed to sex, you won't be able to control yourself, does that mean you have to stop having sex?

Even Sexaholics Anonymous — an organization that tackles "sex addiction" with the same 12-step approach it applies to Drug or Alcohol addiction — struggles with this.

In AA, total abstinence is the goal. Since swearing off sex for the rest of their life is a little more difficult, SA allows its members to have sex but only within marriage. Which is no doubt good news for Téa but I don't quite get the logic that you won't lose control as long as you only have sex with a husband or wife.

Frankly, the whole idea of "sex addiction" is problematic.

Categorizing people with overly active carnal glands has always been a nuisance to our society.

According to Carol Groneman, author of Nymphomania: A History (2000), nymphomania was first described in 1771 and symptoms included "dwelling on impure thoughts, reading novels, eating too much chocolate and indulging in secret pollutions" (i.e., masturbating).

In the first Diagnostic and Statistical Manual of Mental Disorders (more commonly referred to as the DSM, the psychiatrist's go-to guide to insanity), nymphomania and its male counterpart Don Juanism (guys always get sexier labels), were listed as "sexual deviations." By 1980, they were downgraded to "psychosexual disorders" and, in 1987, they were dropped entirely and replaced with "sexual addiction." The 1994 version nixed this and that's how it remains today.

Obviously, if you're preoccupied with or having sex so much that it's messing with your life or hurting your relationship, you should get some help.

I'm just not convinced you're an addict.

There are tons of things we do as humans to excess that aren't good for us — eat, surf the net, follow Britney. Personally, I watch waaaay too many Family Guy reruns. Sex, it seems to me, is just one of many appetite-related activities we have to learn to enjoy in a moderate and healthy way.

And, ultimately, excess is subjective. As famous sex research pioneer Alfred Kinsey once said: a nymphomaniac is "someone who has more sex than you do."

Josey Vogels is a sex and relationship columnist and author of five books on the subjects. For more info, visit joseyvogels.com.

Height can increase prostate cancer risk

CELIA MILNE
for Metro Canada

RESEARCH Tall men may be at slightly increased risk for prostate cancer.

Researchers at 12 universities in England studied the characteristics of more than 9,000 men, some with and some without prostate cancer.

They found that the risk of developing prostate cancer increases by about six per cent for every 10 cm (3.9 inches) in height, above the height of the shortest men in the study. Taller men are also more likely to have a quicker progression of their prostate cancer.

Height itself does not cause prostate cancer, of course, but it may serve as a marker for something else that is going on in the body that's associated with higher risk.

Authors of the study were quick to say that tall men shouldn't get stressed out.

Researchers found that the risk of developing prostate cancer increases by about six per cent for every 10 cm.

Your Health is a monthly feature that focuses on health, beauty and lifestyle issues. Next month's issue comes out on Oct. 21.

Blame it on your genes

Study recommends exercise for Europeans carrying 'fat' variant

Maybe you can blame being fat on your genes. But there's a way to overcome that family history – just get three to four hours of moderate activity a day.

Sound pretty daunting?

Not for the Amish of Lancaster County, Pa., who were the focus of a new study on a common genetic variation that makes people more likely to gain weight. It turns out the variant's effects can be blocked with physical activity — lots of it.

Scientists believe about 30 per cent of white people of European ancestry have this variant, including the Amish, and that may partly explain why so many people are overweight.

But fighting that fat factor may be easier in the Amish community's 19th century rural lifestyle. They don't use cars or modern appliances. Many of the men are farmers and carpenters, and the women, who are homemakers, often care for several children.

The researchers found that Amish people with the genetic variant were no more likely to be overweight than those who had the regular version of the gene — as long as they got three to four hours of moderate activity every day. That included things like brisk walking, housecleaning and gardening.

And while physical activity is recommended for just about everyone, the study suggests that people with the gene variation need to be especially vigilant about getting exercise.

"These findings emphasize the important role of physical activity in public health efforts to combat obesity, particularly in genetically susceptible people," the authors wrote in yesterday's Archives of Internal Medicine.

Study co-author Dr. Soren Snitker of the University of Maryland acknowledged that it's unrealistic to expect most people to shun modern conveniences and return to a 19th-century lifestyle for the sake of staying trim.

But he said every little bit helps, and that adding an extra few hours of activity daily might not be as hard as it seems.

Instead of watching TV for a few hours at night, take a brisk walk, he suggested. Or use stairs instead of elevators, walk instead of driving, or take up a structured exercise such as swimming.

Previous research based on self-reporting of physical activity has produced similar results. The new study used a more reliable measure — battery-operated monitoring devices worn round-the-clock for a week, said lead author Evadnie Rampersaud of the University of Miami.

More research is needed to see if similar results would be found in other racial and ethnic groups, said Amy Zlot, a genetics researcher with Oregon's Department of Human Services, who was not involved in the study.

The Amish study involved 704 people; blood samples determined which of those had a variation in the FTO gene linked to obesity.

THE ASSOCIATED PRESS

Too early to tell

- So far, blood tests identifying the 'fat' gene variant are only available for research. Experts say there are likely many other genetic differences that also influence obesity, so it is too soon to recommend routine testing for the general public. THE ASSOCIATED PRESS

Three to four hours of moderate activity a day can block the effects of a 'fat' gene that scientists found in 30 per cent of white people of European ancestry.

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Don't share meds

Results could harm unborn babies: Study

CELIA MILNE
for Metro Canada

Sharing medication can harm unborn babies. And an alarming number of young women do it. A survey conducted by the U.S. Centers for Disease Control (CDC) has found that 37 per cent of women between the ages of 18 and 44 have either shared or borrowed prescription drugs.

"Women in their childbearing years are at risk of potentially exposing a pregnancy to a medication that could harm their baby," says Sonja Rasmussen, a scientist from the Centers for Disease Control and Prevention in Atlanta, Georgia, and one of the authors of the study.

"Women might borrow prescription medications during pregnancy before they recognize that they're pregnant, but this time in early pregnancy is critical for development of the baby," says Rasmussen, adding that about half of pregnancies are unplanned. The most common medications borrowed or shared were for allergies, pain and infections.

While young women were the most likely group to take medications prescribed to friends or family, people of all ages do it. Overall, 29 per cent of women and 27 per cent of men had pinched someone else's meds. "This study showed that borrowing or sharing prescription medications is a relatively common behaviour," says Rasmussen.

Consequences of popping someone else's pills, beside birth defects in pregnant women, include allergies to the borrowed medication, side effects that weren't expected, illness related to taking the drug improperly (such as taking too much), and interactions to drugs you are already taking. Taking a portion of someone else's antibiotic treatment can cause antibiotic resistance. In addition, some drugs render birth control pills less effective. Other dangers, of course, are addiction and abuse.

A previous study done by the CDC found that teenagers often share prescription medication, but until now little was known about adult behaviour. There were 26,289 respondents to the survey. Results were published online in the Aug. 25 edition of the Journal of Women's Health.

Consequences of popping someone else's pills, beside birth defects in pregnant women, include allergies to the borrowed medication.

Fibre cuts risk in pregnancy

RESEARCH Women who add more fibre to their diet during pregnancy can cut their risk of developing pre-eclampsia, according to a new study in the U.S.

Doctors at the Swedish Medical Center in Seattle, Washington, found in a study that pre-eclampsia risk was reduced by about 14 per cent by adding five grams of fibre a day to the diet. This is the equivalent of two slices of whole grain bread.

The study included 1,538 pregnant women who were followed for three months. Pre-eclampsia is a complication of pregnancy characterized by high blood pressure, rapid weight gain, and protein in the urine. It can lead to eclampsia, which can be a life-threatening condition for both mother and fetus.

CELIA MILNE/FOR METRO CANADA

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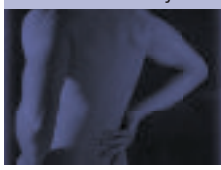

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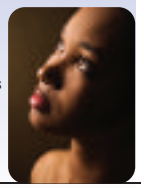

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Some people acquire bad breath as a result of stress on their immune systems, experts say.

Veggies can beat bad breath

LEYLA EMORY
for Metro Canada

Take a deep breath — halitosis, or bad breath, isn't a pleasant topic. Now exhale. If you felt any hesitation, you may want to know about it.

"The main cause of bad breath is bacteria in the mouth," says Anne Bosy, chief scientist and clinic founder of OraFresh Breath Treatment System.

That's the simple answer. The first person to receive an MSc in Oral Malodor from the University of Toronto, Bosy has been studying bad breath for 17 years. She can break it down to a slew of chemicals, each of which can be neutralized with her customized Orafresh rinses, currently available in select clinics in Ontario, Alberta and soon Quebec.

Some people are genetically predisposed to bad breath, some acquire it as a result of stress on the immune system, says Bosy. Then there's what she calls the "no brainers." Onions, garlic, coffee, smoking or just not eating for a prolonged period of time all contributes to "breath you'd identify as having to get away from."

Unless you're in the first stages of becoming a recluse, drink lot's of water, advises Don Friedlander, president-elect of The Canadian Dental Association. "Anything that increases saliva flow is helpful." He also suggests chewing gum, to produce saliva and brushing the tongue, to reduce bacteria buildup.

It's also crucial to have a balanced diet. "To be healthy you have to have fruits, vegetables, calcium, grains and protein," says Bosy. "Certain unhealthy systems have certain smells. The breath is very indicative of our state of health."

"Anything that increases saliva flow is helpful."
Don Friedlander

Within the food groups, Bosy recommends paying particular attention to cleansing foods like carrots, nuts, yogurt and lemon water to "clean up the mouth." Topping the list, according to Bosy, Friedlander and Tammy Gouweloos, a dental hygienist with a holistic approach to oral health, is parsley.

Notorious for sticking around in teeth, it turns out the pesky little herb with its high alkaline content smells better than it looks.

"Anything that's high in alkaline is good for neutralizing the acids in the mouth," says Gouweloos. "Bacteria feed on acids and multiply."

With regards to good-old-fashioned mouthwash or mints, Gouweloos suggests avoiding them: "Alcohol mouthwash can be nasty on the cells of the mouth."

Instead, she recommends more natural remedies like a warm salt-water rinse. She's also not sold on most of the sugar-free gum/mints on the market. "Aspartame is not really great for us," says Gouweloos. She recommends that her patients chew zylatol sweetened gum, "the only artificial sweetener that's good for the body."

Some people are genetically predisposed to bad breath, but eating garlic doesn't help either.

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BIO-FEN® PLUS

BIO-FEN PLUS™ is a natural health product used in the treatment of hereditary androgenic alopecia *(AGA)* in adults ***(male or female pattern baldness.)*** It contains scientifically calculated proportions of extracts of fenugreek seeds, saw palmetto berries and flax lignans. Each are known to possess an inhibitor of the enzyme responsible for causing male or female pattern baldness. It also contains a mixture of B vitamins, folate and biotin to help metabolize these herbal extracts so that they are more bio-available, and to support the growth of strong and healthy hair.

What causes hereditary hair loss?

Each hair grows from a pocket in the skin called the hair follicle. During its growing phase, the follicle has a bulb-shaped bottom, the center of which is called the dermal papilla. The papilla is fed by very small blood vessels, which bring it food & oxygen and remove wastes. The papilla is highly sensitive to hormones and chemicals secreted by the body *(or ingested as a medicine)* which impacts hair growth.

It is believed that some individuals have a genetic predisposition to a receding hairline *(most common in men)* or hair/follicle thinning over larger areas of scalp *(more common in women)*. These conditions result from hormonal changes caused by an enzyme in the dermal papilla called 5-alpha-reductase. This enzyme breaks down the hormone testosterone into dihydrotestosterone *(DHT)*.

Over a period of time, an over abundance of DHT causes the hair follicle to degrade and shortens the active phase of the hair, eventually leading to thinner hair and eventual hair loss.

How does BIO-FEN PLUS™ *work?*

Specific compounds within the herbal extracts inhibit the 5-alpha-reductase *(and therefore reduce DHT)* to prevent or slow down the rate of hair loss. This process is the principle by which the prescription drugs such as Propecia *(finasteride)* work. However, BIO-FEN PLUS™ also contains additional compounds which remove excess cholesterol and testosterone – the building blocks of DHT.

BIO-FEN PLUS™ also contains vitamins to increase blood flow to the small capillaries that feed the hair roots, to deliver the active herbal compounds and remove waste. **Therefore, BIO-FEN PLUS™ provides a natural, safer alternative to expensive drugs, and/or expensive & painful hair transplants.** As with the prescription alternatives, results vary from person to person, and no one product will work for everyone.

How long must I use BIO-FEN PLUS™ *?*

BIO-FEN PLUS™ capsules are usually effective at stopping hair loss within the first two months. However, since healthy hair grows only about 1 cm each month, it may take up to three months before you notice that hair growth is increased or further hair loss is stopped.

Anyone experiencing new growth will see it within four to six months. Once results become apparent, some users are able to reduce their BIO-FEN PLUS™ supplement dose to one capsule every second or every third day. Some clients will continue to take BIO-FEN PLUS™ daily. Once you stop completely, however, your hair growth pattern will slowly go back to the point where you started.

How safe is BIO-FEN PLUS™ *?*

The ingredient combination in BIO-FEN PLUS™ is generally safe for most adults. However, the following cautions are advised:

Folic acid: Consult a health care practitioner if you are uncertain whether or not you are taking adequate vitamin B12, as folate supplementation can mask a Vitamin B12 deficiency.

Vitamin B3: Consult a health care practitioner prior to use if you have impaired liver function.

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What is the quality of BIO-FEN PLUS™ *?*

BIO-FEN PLUS™ is manufactured in Canada according to a quality assurance program called Good Manufacturing Practices *(GMP)*. This ensures that the ingredients are tested for their level of quality, potency & purity, prior to production and again prior to sale.

See our website to locate your nearest Health Food Store or Pharmacy that offers BIO-FEN PLUS™ and other quality products from Hair Grow Technology. If you have any questions or comments about our products that target hair loss and support the growth of strong, healthy hair, please do not hesitate to contact us.

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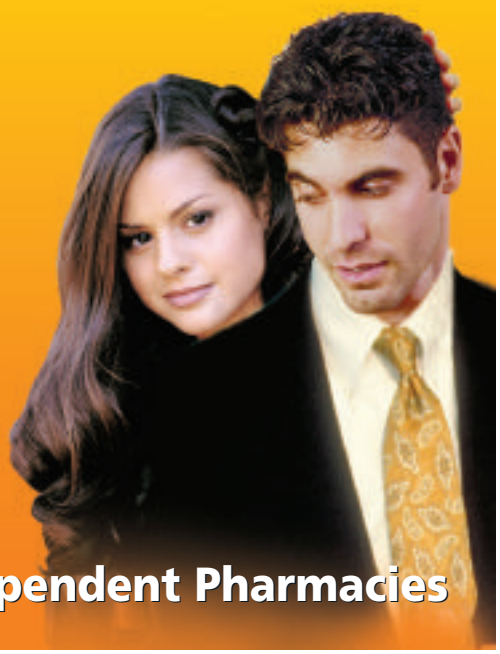


Available at Health Food stores and Independent Pharmacies

Your Health is a monthly feature that focuses on health, beauty and lifestyle issues. Next month's issue comes out on Oct. 21.

Overall health, oral care linked

ERIC EMIN WOOD
for Metro Canada

Oral care is more important than many Canadians might think.

"We view the mouth as a window on the body," says Deborah Stymiest, president of the Canadian Dental Association, "and for health practitioners and dentists, sometimes we are the first line in finding symptoms that are indicative of a systemic condition."

Good oral habits haven't changed significantly over time, Stymiest says. Brushing two or three times per day is still recommended, along with flossing, mouthwash, and possibly an electric toothbrush. "Many (electric toothbrushes) come with timers, and most people brush for 30 seconds," she says. "It would be nice to see them brush for two or three minutes."

"The consumption of junk food and highly acidic and sugared beverages is quite devastating to tooth enamel."
Deborah Stymiest

Establishing a routine early is key when teaching children how to brush, Stymiest says. A general practitioner for 25 years, she still sees patients in her office three days a week. "We are seeing a rise in early childhood decay, and so we're encouraging parents to start as soon as that first tooth comes through the mouth," she says.

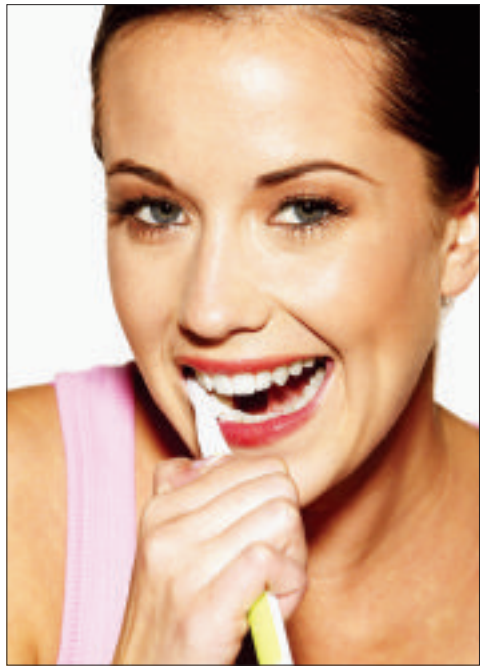
Parents should make sure their children recognize the importance of brushing, and supervise them until they have the manual dexterity to do it on their own, which sometimes isn't until they turn six or seven, Stymiest says. If parents can't deliver the message, their dentist will be happy to help.

"We would love to see children at their first birthday for their first checkup," she says — not necessarily for a full exam, but to provide some "good preventative messages for the parents."

When children get older, their eating habits become a concern. "The consumption of junk food and highly acidic and sugared beverages is quite devastating to tooth enamel," says Stymiest. Older kids and teens should drink juice, milk, water and other non-carbonated beverages as often as possible — for their overall health as much as their teeth.

Adults should remember to brush regularly and watch their diets as well, Stymiest says. "If you're drinking coffee with sugar, and slowly sipping it throughout the day as a lot of Canadians like to do, it can go off almost like a sugar bomb in your mouth, which can lead to demineralization or breakdown of the enamel, and particularly along the gumline," she says.

Such guidelines "may be broad and may seem mundane," she says, "but they're critically important to everyday health."



Dentists recommend you brush two or three times a day.

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Lavender calms dental patients: Study

It soothes headaches and aids sleep — now lavender has been shown to help patients cope with a trip to the dentist, BBC News Online reports.

A study of 340 people by King's College London researchers found those exposed to lavender oil scent were less anxious about the treatment ahead.

But the British Psychological Society conference heard lavender had no effect on patients' nerves concerning future treatment.

Dentists said techniques such as hypnotherapy, rather than oils, were common ways of helping calm patients.

"Lavender could certainly be used as an effective 'on-the-spot' anxiety reduction in dentists' waiting rooms."
Koula Asimakopoulou

All the patients studied were waiting for a scheduled dental appointment.

Half were exposed to the scent given off by a candle warmer activating five drops of lavender oil in water during regular clinics over a four-week period, while the rest were not.

The anxiety level of those not exposed to lavender was 10.7 compared with 7.4 among those smelling the scent.

Metaxia Kritsidima, who led the study, said: "A substantial number of people avoid going to dental surgeries because they are scared of the dentist, which can have a significant impact on their dental health.

"The anxiety experienced by these patients once they get to the dentist is stressful not only for them, but also for the dental team.

"Working under a state of increased tension may potentially compromise their performance, as well as lengthening appointment times.

"This is why finding a way of reducing dental anxiety is really important."

Dr. Koula Asimakopoulou, who also worked on the study, added: "This is a significant difference and it was present regardless of the type of dental appointment."

"Our findings suggest that lavender could certainly be used as an effective 'on-the-spot' anxiety reduction in dentists' waiting rooms," she added.

A spokeswoman for the British Dental Association said: "Dentists use a range of techniques to help patients feel calm; some specialize in hypnotherapy or counselling — but I haven't heard of anyone using lavender oil."

METRO NEWS SERVICES

TORSTAR NEWS SERVICE FILE PHOTO

Patients exposed to lavender were less anxious about a visit to the dentist, a study shows.

Your Health is a monthly feature that focuses on health, beauty and lifestyle issues. Next month's issue comes out on Oct. 21.

TARA WALTON/TORSTAR NEWS SERVICE

Canadian Blood Service technologist Farzana Ali manually tests ABO groupings in the donor testing lab on College St.

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Today we go inside 67 College St., one of Canadian Blood Services' three main testing laboratories and seven production centres in the country.

1 Boxes of blood arrive by van, bus and plane. In most cases, the blood is delivered within hours of draining from a donor's arm. The blood is unpacked and the six vials we're tracking are whisked up to the laboratory, while their companion 450-ml bag of blood is sent to a production centre. We'll follow the vials first.

2 Once in the lab, the vials are taken to different centres. One vial will be tested for the presence of viral markers that indicate a transmissible disease. A fully automated machine, called PRISM by lab technicians, searches for markers for the following diseases: Human T-Cell lymphotrophic viruses HTLV-I and HTLV II, which can cause a rare form of leukemia in adults, hepatitis C, hepatitis B and HIV. Results are available within four hours.

3 In the meantime, a second vial of blood is being screened for unexpected red blood cell antibodies that could, in some blood recipients, set off an adverse reaction. Meanwhile, a third vial is undergoing nucleic acid testing, the method used to detect West Nile Virus, as well as the back-up test for hepatitis C and HIV. Blood is also tested for syphilis.

If a vial tests positive for any of these diseases, a technician will re-test the vial. If it tests positive again, the donor is notified. The blood associated with the vial is destroyed and the donor is deferred for life.

"Less than one per cent of samples are infected," says Derek Jagdeo, a senior lab technologist at Canadian Blood Services.

4 Blood type, A, O, B and AB, is also determined in the lab. Each of these groups are divided into Rh Positive and Rh Negative types. Blood type is determined by the presence or absence of antigens on the surface of blood cells and antibodies floating within the blood. The most common blood type in Canada is O Rh Positive.

More than 2,000 samples flow through the lab every day. Jagdeo says there are never, ever any shortcuts. "Our whole purpose is to make sure the unit is as safe as possible," he says.

Each unit of blood is tracked with a barcode and every process comes with an S.O.P., says Jagdeo. "That's Standard Operating Procedure," he says.

5 While the vials of blood have been zipping through the lab, their associated bag of blood has been busy in the component production centre.

First, the bag of blood is placed in a machine that twirls the bag of blood at such a speed that the blood separates into different components. The heaviest cells — in this case, the red blood cells — fall to the bottom of the bag. The lightest liquid, the clear plasma, floats to the top. The white blood cells and platelets, a mixture called buffy coat, hover in the middle. This process takes about 10 minutes.

6 The red blood cells have almost completed their journey. All that is left to do is filter out any residual white blood cells through a process called leukoreduction. The completed bags are then refrigerated. Red blood cells, which carry oxygen to tissues throughout the body and help shuttle carbon dioxide out, will primarily be used to help trauma victims, surgical patients and people with anemia.

7 Bags of plasma are tucked into a freezer. The straw-coloured plasma contains the soluble parts of blood, including glucose, antibodies and proteins, and is used in hospitals to help trauma patients.

8 To produce one dose of platelets, four units of buffy coat are pooled with one bag of plasma. All the bags must be of the same blood type.

9 The testing and production process takes about 24 hours.

Once the lab has tested the samples for disease and given the go-ahead, the blood becomes inventory.

TORSTAR NEWS SERVICE

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These symptoms above are some of the most common signs of toxic overload, and detoxing once or twice a year is often recommended as a solution. In a recent study of 116 women in the UK, 70% were satisfied or very satisfied with the results from their Biofirm detox.

I unjunked my body!

Lina works in the fitness industry in Ottawa and recently came across an article on detoxing. Here is her story;

"I was having a hard time losing those stubborn extra pounds and I was tired a lot, which showed in my face. So when I came across a Biofirm story in the local newspaper, it made me curious.

It definitely made sense to me that we get tired and bloated from too many toxins in our foods and from our environment. But I didn't know that it made us gain weight! So I purchased a box of Biofirm and took the recommended 6 tablets a day for a month with lots of water and high-fibre foods. I was determined to unjunk my body!"

I lost 11 pounds on the detox!

"In the first 4 weeks I lost 7 pounds. I definitely felt lighter and my skin was looking great – I was glowing! I had read that it could be unpleasant to take Biofirm but I actually enjoyed it, especially because you are still able to do your daily duties. You don't have to stay home or do it on the weekends.

After the 30 days detox, I wanted to continue, so I bought another 14 days of tablets. Again, I lost another 4 pounds and my clothes were getting very loose! I was thrilled - and the great part is that I didn't have to exercise vigorously for 6 weeks!!"

DETOXING: A GREAT WAY TO START A HEALTHIER LIFE

Everyday, our bodies are exposed to toxins from the air we breathe, the water we drink and especially the processed foods we eat. If our bodies get overburden with toxins, our liver suffers and we start seeing the effect on our health; Our skin is affected, we get tired, we retain water, get headaches, digestion problems, bad breath and find it especially hard to lose weight.

Researchers have now discovered the biological cause of those stubborn pounds; Toxic particles bind water in the bodies' soft tissue and inhibit your metabolism from burning fat efficiently. The Conclusion: To lose weight, you must first cleanse your body!

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Laurie's new deal to pay off

Hugh Laurie is likely to become the highest-paid British television actor yet after signing a new deal to star in Fox's House at $400,000 US per episode, or more than $9 million a year. IMDB.COM

Entertainment

Gwen earns W

Singer Gwen Stefani has landed a new job — designing the uniform for female staff at W hotels. The line will be unveiled this fall.

FEMALEFIRST.CO.UK

EDITOR: TINA COSTANZA, TINA.COSTANZA@METRONEWS.CA

Spears ready for another comeback

Spears

MUSIC Britney Spears' second comeback is in full swing and she's due to release a new disc Dec. 27, her 27th birthday.

Circus is set for release Dec. 2, a little over a year after she released Blackout, which was perhaps her most critically acclaimed CD, but came during her infamous year of erratic behaviour, rehab, custody battles and at least one hospitalization.

But these days, Spears has been in the spotlight for all the right reasons. She won three MTV Video Music Awards last week and appeared looking fit and stunning. THE ASSOCIATED PRESS

Standing In for Okkervil

Indie act hits the road with new album

BRYAN BORZYKOWSKI
for Metro Canada

If you thought bands live for the road, for visiting different cities every night and playing to new fans day in and day out, think again. Will Sheff, lead singer of Austin-based indie rock band Okkervil River, would rather be doing anything else.

"I'm not excited," he says on the phone from Brooklyn. "I'm not looking forward to not sleeping in my own bed for two months straight. But I have no choice, it's my only source of income."

That might sound like jaded rock star-speak, but it's not — Sheff explains that he still loves playing shows and meeting new people. In fact, he's never enjoyed playing shows as much as he does now. "I used to hate playing; it made me nervous," he says. "But at a certain point, when I stopped caring what people thought of us, I started to love it."

It's a good thing that he can deal with the frustrating parts of touring, and that he's keen on playing live now, because after people hear the band's new album Okkervil River will be in high demand. The group's seventh disc is filled with rollicking folk pop tunes and incredibly infectious melodies. And, if it sounds similar to their 2007 release The Stage Names, that's because it's actually the second half of what was almost a double album.

When the group recorded The Stage Names, they ended up finishing way more songs than they needed. With the lyrics similarly themed it would have made sense for them to put out the two records at the same time. "I started to think about whether we wanted to do a double album, but after a while we decided to wait," Sheff reveals. "Really, I'm not that into double albums. I don't listen to them in one sitting; I may end up playing my favourite songs of those albums. So, in the end, we wanted to make an album people would listen to all at once."

Okkervil River's new album, The Stand Ins, was released last week. The Austin-based band plays the Phoenix on Oct. 12.

Still, if someone wanted to hear the discs back to back they can. If you do listen to both, you'll quickly find out that while the albums' themes are connected, there are some glaring differences. "On parts of The Stage Names there's this whole attitude of the romantic life on tour that is very macho," says Sheff. "We were waiting until The Stand Ins to have a female point of view that undercuts a lot of that attitude."

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Helping out

Angelina Jolie and Brad Pitt have donated $2 million US to set up a children's hospital in Ethiopia. The clinic will target kids suffering from tuberculosis, HIV and AIDS. IMDB.COM

Ricci, Clarke on Giller longlist

LITERATURE Nino Ricci, David Bergen and Austin Clarke are among 15 writers in contention for the 2008 Scotiabank Giller Prize.

The Giller, worth $50,000, is the richest literary prize in Canada. This year's jury is made up of author Margaret Atwood, Liberal MP Bob Rae and author Colm Toibin. The longlist was chosen from 95 books, submitted by 38 publishers from every region of Canada.

Other authors on the list include David Adams Richards, Joseph Boyden, Patrick Lane, Paul Quarrington and Mary Swan. A shortlist will be announced on Oct 7, with the winner to be revealed at a gala dinner on Nov. 11. THE CANADIAN PRESS

Brit series attracts controversy

TELEVISION British comedy series Little Britain USA has sparked outrage in the U.S., with a gay rights group calling the program "offensive," imdb.com reports. The sketch show is based on the original U.K. series and features male full-frontal nudity as well as a series of lesbian and gay gags. The controversial content has angered officials at the West Hollywood Gay and Lesbian Alliance. "This is the most politically incorrect, offensive and obnoxious material ever seen in this country," a spokesman for the organization says. A representative for HBO, the channel that plans to screen the show from Sept. 28, says the series is about overcoming prejudices and leads the way in "edgy programming." METRO NEWS SERVICES

Keeping the finale well-Shielded

Actors, writers keep mum as acclaimed series comes to a close this fall

The genre-bending crime thriller, The Shield, closes its seventh and final season in November, with the fate of Michael Chiklis' hard-bitten Vic Mackey and his corrupt Los Angeles police strike team under as much cover as their typically unorthodox detective work.

"I'm loathed to really talk about the specifics of what we're shooting," said Chiklis, on a break from filming final scenes at the Los Angeles Times building, which was doubling for FBI offices.

The production was shrouded in secrecy so as not to offer any clues to the outcome, with great care taken to make sure no shooting scripts were left lying around — unlike a typical TV series set.

Creator Shawn Ryan would only say that "the last 13 episodes, and especially the last few, are very, very true to the show. We don't shy away from hitting things head on and I'm thrilled with how the episodes ended ... more than happy."

Judging from press screenings of the first eight episodes, Ryan has reason to be pleased.

The Shield, which airs Tuesdays on Showcase in Canada, remains unpredictable, with Vic and his men each getting their due for the sins they've committed to enforce their warped brand of justice.

Michael Chiklis has starred as the lead in The Shield for seven seasons.

"This has been a really, really tough week for the cast and writers — we had the read-through of our last script," said Chiklis, taking a slow, deep breath.

"When you read the last script of a series, even if it's had a long run, even if it wasn't the best of circumstances, it's a sad thing. But in the case of The Shield, where it's been a really remarkable, life-changing experience for all of us, it's been difficult."

The show was considered a long shot from the start.

"A lot of people thought I was crazy to even do this show just purely on the basis of who had written it," Chiklis said of Ryan, who was a writer on Nash Bridges when he decided to create a new show, flipping the script on the old cops-as-heroes formula.

Although FX picked up the pilot, Ryan, executive producer of the series, had no prior experience running a show.

"We felt like if what's on the page is shot and anyone sees it, it could make some waves."

The Shield became the first basic cable show to receive a major award — an Emmy for Chiklis — as well as nominations for writing and directing. THE ASSOCIATED PRESS

DVD picks

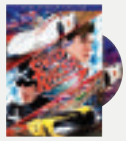
Made of Honor

Director: Paul Weiland
Rating: PG

Patrick Dempsey stars in this twist on wedding romances, playing a man content with a platonic relationship with his best friend (Michelle Monaghan) until she returns from a business trip to Scotland with a fiance and a request that her male pal stand in for her as "maid" of honour.

Speed Racer

Director: Andy and Larry Wachowski
Rating: PG



After creating a blockbuster sci-fi trilogy with The Matrix flicks, the Wachowski brothers stumbled badly with this costly flop that blends live-action and candy-coloured computer animation for a big-screen update of the TV cartoon show. Emile Hirsch stars in the title role, a driving prodigy who tries to salvage the family business and bring honour back to the corrupt auto-racing circuit by competing in a hazardous road tournament. DVD and Blu-ray extras include a set tour and a making-of featurette. The Blu-ray disc also has a digital copy of the movie for portable video players.

Beetlejuice: 20th Anniversary Edition

Director: Tim Burton
Rating: PG

Tim Burton's wild supernatural comedy gets a DVD makeover in this 20th anniversary edition. Michael Keaton stars in the title role as an obnoxious dead creep enlisted by a couple of recently deceased ghosts to help them scare the new inhabitants out of their New England home, including Winona Ryder as a brooding teen. The DVD and Blu-ray discs come with three episodes from the animated Beetlejuice TV show. THE ASSOCIATED PRESS

MoreOnline
metronews.ca

Canadian film focuses on forgotten side of Afghan conflict

Ariel Nasr knew soon after the Sept. 11 terrorist attacks that his father's distant homeland would be set upon a difficult, possibly devastating road.

The young Canadian filmmaker watched as the world closed in on Afghanistan, ostensibly to rebuild the shattered country but also to quell an insurgency that was gathering strength domestically and from other countries.

As Canada deployed troops and the military mission grew, Nasr sensed that missing from the debate was the voice of Afghan-Canadians and how they felt about another foreign presence taking root in their country.

The Halifax filmmaker began talking to Afghans who had fled their home to resettle in cities across Canada, and found a group of people deeply conflicted about the mission and their dual identities.

The issue is the central premise of Good Morning Kandahar, a TV documentary Nasr wrote and directed that explores the troubling journey for Afghans witnessing the conflict from a country enmeshed in its future.

"What I wanted to do with the film is really present Afghans as people who have a stake in the war ... and open people's eyes to what's really at stake here," he said from his home in Halifax before the film premiered Sunday at the Atlantic Film Festival.

Nasr, who began making the documentary about a year ago with funding from the National Film Board, focuses on three Afghan-Canadians who fled the war-torn country to make a life for themselves while also trying to maintain ties to their homeland.

The documentary, which will also air on CBC's The Lens, uses stills and cinematography to cut back and forth between Kabul and various Canadian cities.

Nasr travelled on his own to Afghanistan this summer to interview people about how their lives have changed since the NATO mission began.

On the web

For more information on Good Morning Kandahar
nfb.ca/collection/films/fiche/?id=55219

Over two weeks, he said he could find no one who said life had improved since the Taliban was ousted and foreign troops moved in.

Many, he said, simply saw the international presence as just another occupying force.

"I never met a single person who was really optimistic about the situation," he said.

"There was a lot of disillusionment and I think that comes from people not seeing their lives getting better." THE CANADIAN PRESS

Moon biopic on hold
The Who frontman Roger Daltrey has said his planned biopic about the late drummer Keith Moon has stalled because he has yet to receive a good script. **BBC NEWS ONLINE**

If you're feeling unwell, take it easy — really easy.

Rights apply with sickness

HineSight
Anne Hines

Ium vewy, vewy sick. I hab a tuffy nose and a tuffy head. I do not thig that anyone in the whole world has eber, eber been as sick as I am. Eber.

I am not one of those "fair weather" sick people. Recently, I ran into a friend sitting at an outdoor café on a day when summer actually looked like summer and asked why she wasn't at work. Her response, "I called in blind. I just couldn't see going in."

I, on the other hand, am actually, authentically sick. So, I'm offering: The Hinesight Guide to Getting The Most From Your Head Cold.

When you get sick, people will suggest you take remedies made from things like herbs, leaves and mud scrapped off the underside of dead logs. Forget that. Go right for the big guns. The sick person's mantra: "Prescription drugs are our friends."

"Avoid spreading your germs. It decreases the pool of people able to fetch you trashy magazines."

Of course drugs are serious business. There's a radio ad where a woman talks about how she takes cold medicine so that she doesn't have to miss work and stay home in her bathrobe, watching TV all day. Obviously, the drugs have deranged this woman's head. Any sane person would love spending a day like that.

Pay attention to warnings like, "Do not take while operating heavy machinery." This also includes push lawn mowers and using hair curling irons. Trust me on this one. Also, when they put an expiry date on cough medicine, they mean it.

Take every possible measure to avoid spreading your germs. It decreases the pool of people able to fetch you trashy magazines and nice hot cups of tea.

Remember the sick person's bill of rights: You have the right to remain whiny. If you give up that right your family can, and will, require you to make dinner.

You have the right to cough syrup. And, the flavour of your choice and not whatever's left over in the medicine cabinet from the last time the kids had the plague.

You have the right to the remote control. If someone challenges this, you have the right to say something like, "I'm happy to share. Let me just wipe off where I sneezed with this soiled Kleenex."

Finally, if you are sick more than three or four days, it is important to see a doctor. They'll be the only person still prepared to listen to you talk about it.

Anne Hines is an author and humour writer. She has written three novels and one collection of nonfiction humour.

galleries

ROYAL ONTARIO MUSEUM Exhibition of the 2008 Sobey Art Award: More than 50 contemporary artworks by the finalists. To Oct. 13. 100 Queen's Park. 416-586-8000.
GARDINER MUSEUM Postmodern porcelain: An exhibit drawing artistic elements from multiple traditions and combining them. To Jan. 4. 111 Queen's Park. 416-586-8080.

theatre

THE CRACKWALKER The story of a mentally challenged girl in Kingston. Sep. 16-Oct. 11. Tue.-Sat. 8 p.m.; Sat. 2:30 p.m. $15-$20; Tue. PWYC. Theatre Passe Muraille Backspace, 16 Ryerson. 416-504-7529.
JERSEY BOYS Dancap's last production of the season is a Tony Award-winning jukebox musical centred on songs made famous by Frankie Valli and the Four Seasons. To Oct. 5. Tue.-Sat. 8 p.m.; Wed. & Sun. 2 p.m. $55-$125. Toronto Centre for the Arts, 5040 Yonge St. 416-872-1111.
MONTY PYTHON'S SPAMALOT A comedy about King Arthur and his knights' quest for the Holy Grail. To Oct. 5. Tue.-Sat. 8 p.m.; Sat. 2 p.m.; Sun. 2 p.m., 7 p.m. $26-$110. Canon Theatre, 244 Victoria. www.mirvish.com.

LOCAL LISTINGS BY:
EYE WEEKLY

One-minute film wins festival prize

MOVIES Running On Empty, a one-minute silent film by Toronto-based filmmakers Jeff Hammond and Ashleigh Harrington, was named winner of the TUFF Choice Award on Sunday night.

The prize honours the top films of the Toronto Urban Film Festival — The Film Festival for Commuters. Winning films can be viewed at torontourbanfilmfestival.com. **METRO NEWS SERVICES**

Shakespeare in the Pork
A group of burlesque dancers discover a young Jewish Shakespeare.
To Sep. 20. Tue. 8 p.m. $12-$15. The Comedy Bar, 945 Bloor St. W. METRO NEWS SERVICES

Pink Floyd founder Wright dead at 65

A Pink Floyd spokesman says founding member Richard Wright has died. He was 65.

Wright died yesterday after a battle with cancer at his home in Britain. His family did not want to give more details about his death. The spokesman is Doug Wright, who is not related to the artist.

Wright

Richard Wright met Pink Floyd members Roger Waters and Nick Mason at college and joined their early band Sigma 6.

Sigma 6 eventually became Pink Floyd and Wright wrote and sang some of the band's key songs. He wrote The Great Gig In The Sky and Us And Them from Pink Floyd's 1973 The Dark Side Of The Moon. He left the group in the early 1980s to form his own band but rejoined Pink Floyd for their 1987 album A Momentary Lapse of Reason. THE ASSOCIATED PRESS

In brief

ARTS Montreal-born dancer-choreographer Margie Gillis has won the $50,000 Walter Carsen Prize for excellence in the performing arts. The prize is awarded every year.
THE CANADIAN PRESS

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Sister act
Hollywood heavyweights Robert De Niro and Al Pacino want to dress up as women and play sisters in a movie comedy. "It's a great idea. That could be something for us to work on," Pacino, right, tells British radio station Heart. IMDB.COM

Product placement, a half-century late

IntelleVision

rick.mcginnis@metronews.ca

FRANK OCKENFELS/AMC

Mad Men cast members, from left, Vincent Kartheiser, Christina Hendricks, John Slattery, Elisabeth Moss and Jon Hamm.

Female trouble: Last Sunday's episode of Mad Men was sponsored by Heineken, in case you didn't notice, though if you didn't, you were probably either asleep or the kind of person who tried to play your old cassette tapes on your iPod and keeps asking "Who's that supposed to be?" during Simpsons episodes.

This sort of product placement integration is going to get more common as broadcast television disappears, but Mad Men is probably a misleading test bed for media buyers to go by — while it's so much more elegant to be able to slip brands into a show set in an advertising agency than into, say, a sci-fi show, Mad Men limits its prospective clients to a select group who've been on the market in the United States for nearly 50 years.

Everybody's heard of Heineken and Cadillac, of course — the two highest-profile beneficiaries of Mad Men's last two episodes — but I doubt if I'm alone in presuming that creator Matt Weiner and his writers had made up Utz Chips, the Sterling Cooper client shilled by Jimmy Barrett, the Jerry Lewis-esque comedian cuckolded by Jon Hamm's Don Draper.

It turns out that Utz has been around for nearly 90 years, a Pennsylvania-based snack food company known to anyone in the U.S. northeast. Now would be a good time for US Airways to revive Mohawk Airlines, the regional carrier unceremoniously dumped by Sterling Cooper earlier this season, if only to capitalize on all the free advertising.

Product placement aside, the show hasn't jumped a shark yet this season, and Sunday's episode shifted gears from cruise control to emotional meltdown; not coincidentally, it was the episode where the show's women finally got to take up their share of oxygen.

Mad Men's love of visual puns was in full effect; kicking off her episode-long breakdown now that the fact of Don's infidelity is finally sinking in, Betty Draper (January Jones) smashes a dining room chair while her children watch silently from the living room, and as she kneels down to pick up the pieces, a bottle of Pride furniture polish takes pride of place in the centre of the screen.

The shoe dropped for Christina Hendricks' Joan as well, as the statuesque redhead who seemed content to play queen bee of the secretarial pool realized that she actually liked her brief flurry of executive duties assisting Harry with his TV clients; her expression when told offhandedly that she'd been replaced by yet another affable but dimwitted fellow was accurately described as "heartbreaking" on the show's fan forums.

Elizabeth Moss' Peggy finally returned to centre stage as well, albeit briefly, with the return of Colin Hanks' earnest young priest to prod her conscience and give her a glimpse of purgatory with a parish social committee meeting. Peggy, like Don, is a bottled up reservoir of emotional blowback waiting to happen, but the show let Hanks get the always-poignant final scene.

Taking off his collar and pulling out a guitar, Father Gill launches into a robust version of a folk spiritual tune that seamlessly cuts to Peter, Paul & Mary for the credits. It's been hard to figure out just what role Fr. Gill would take in the show, but with the revelation that he's the man responsible for folk masses, it's clear that he's a villain as sinister as Darth Vader or Jack Palance in Shane.

Rick McGinnis writes about music, movies, books and television, but not opera.

Nip/Tuck regulars still negotiating

TELEVISION The stars of Nip/Tuck are taking another stab at contract negotiations, tvguide.com reports. Heading into the sixth and final season of the drama, all cast regulars are angling for sizeable salary bumps, The Hollywood Reporter reports. Leads Julian McMahon and Dylan Walsh are looking to double their current $125,000 US an episode, while Joely Richardson, Kelly Carlson and Roma Maffia are seeking "substantial raises."

The actors argue they may have difficulty landing new jobs in the next few years with Nip/Tuck scheduled to finish airing in 2011. METRO NEWS SERVICES

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TO		Vu	SC	C	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00
9/16/08		265	353	2	TVO	Child Brilliant	Gorilla	The Agenda With Steve Paikin		Judah & Mohammad (N)		Chinese School (N)		Agenda-Paikin
		211	331	3	GTV	ET Canada	Entertainment	House (N)		90210 "The Bubble" (N)		Big Brother 10		News (N)
		215	343	4	OMN1	Two/Half Men	The Simpsons	News (N)		Vivere Il	News (N)	The Simpsons	King of the Hill	Metropia
		210	302	6	CBC	Coronation St.	Jeopardy! (N)	Rick Mercer	22 Minutes	The Tudors (DVS)		CBC News: The National		The Hour
		214	344	7	CITY	Law & Order: SVU		Biography "Matt Damon"		Privileged (HDTV) (N)		NY-Hollywood	Friends	News (N)
		212	313	8	CTV	eTalk	Hollywood	Criminal Minds "Lo-Fi"		Without a Trace (HDTV)		Law & Order: SVU		News (N)
		218	345	11	E!	The Insider (N)	E! News	The Biggest Loser: Families (Season Premiere) (N)				Pam: On Loose	Sunset Tan (N)	News (N)
		137	763	13	TFO	Panorama été	Les Éclaireurs	Tournants	Histoires oub.	*Le Tartuffe* ★★ (1984, Drame) Gérard Depardieu.				Geographic
		-	-	14	-	Cold Case "Sabotage"		News (N)		News (N)		2Half Men	King	Cold Case
		213	326	15	SUN	Becker	George Lopez	*Ever After* ★★★ (1998, Romance) Drew Barrymore.				To Serve and Protect		Grill Rm.
		-	387	16	CBS	Inside Edition	Hollywood	NCIS "Judgment Day"		Big Brother 10		Without a Trace (HDTV)		News (N)
		-	385	17	NBC	The Insider (N)	Entertainment	The Biggest Loser: Families (Season Premiere) (N)				Law & Order: SVU		News
		-	386	18	ABC	Wheel-Fortune	Jeopardy! (N)	Wipeout (Season Finale) (N)			Primetime: UFOs... Seeing Is Believing			News
		219	346	20	ACH-B	Robson Arms	TMZ (N)	Old Christine	Old Christine	Fringe (HDTV) (N)		To Be Announced		News
		-	-	28	FOX	Judge Judy (N)	Two/Half Men	House (N)		Fringe (HDTV) (N)		Seinfeld	Two/Half Men	The Simpsons
		-	388	61	PBS	News-Lehrer	Keeping Up	Change Your Brain, Change Your Life			Happy for No Reason With Marci Shimoff			Business Rpt.
		297	652	330	WPX	Two/Half Men	Family Guy	90210 "The Bubble" (N)		Privileged (HDTV) (N)		CW11 News at Ten		Two/Half Men
		296	654	331	SBK	Wheel-Fortune	Jeopardy! (N)	Dr. Phil		WBZ News (N)	'70s Show	Frasier	Frasier	Cheers
		298	653	332	TLA	Reba	Reba	My Wife-Kids	According-Jim	Family Guy	Family Guy	Two/Half Men	Two/Half Men	90210 (N)
	news	502	390	26	NW	CBC News	Newman	The Hour Ryan Phillippe.		CBC News: The National		Let's All Hate Toronto		National
		500	500	33	CNN	Lou Dobbs Tonight		CNN Election Center		Larry King Live		Anderson Cooper 360 (HDTV)		
		509	504	79	CNB	Kudlow & Company		On the Money		The Business of Innovation		Saving General Motors		Mad Money
	sports	405	417	22	net	Air Racing		World Combat League		Best Damn Sports Show		Sportsnet Connected		Sportsnet Con.
		400	400	30	TSN	MLB Baseball Baltimore Orioles at Toronto Blue Jays. From Rogers Centre in Toronto.						SportsCentre (HDTV) (Live)		
		411	457	58	OLN	Ed's Up	Videos	Survivorman		Angry Planet	Surf Patrol	Don't Forget Your Passport		Pilot Guides
		417	406	81	SC	Pinks (HDTV)	Pass Time	Unique Whips		Low Life	SuperCars	Super Bikes!	Super Bikes!	Pinks (HDTV)
	family	551	542	25	YTV	Malcolm-Mid.	Home Improve.	Prank Patrol	Futurama	Prank Patrol	Mystery Hnt.	Adrenaline Proj	Prank Patrol	Mystery Hnt.
		554	544	45	TEL	George-Jungle	Bugs Bunny & Tweety Show		6teen	Total Drama	Futurama	American Dad	Robot Chicken	Rick & Steve
		556	540	51	FAM	Wizards-Place	That's-Raven	Zack & Cody	Natural-Sadie	Han. Montana	Life Derek	Ned's School	Cory in House	Zack & Cody
		602	567	27	W	Will & Grace	Friends	Coleen's Real Women		Style by Jury	Style by Jury	How to Look Good Naked (N)		Maxed Out
		570	580	29	MM	Instant Star	disBand	Technical Diff.	Video on Trial	So You Think You Can Dance Canada				The Shift
		615	520	31	A&E	CSI: Miami "Whacked"		The First 48 (HDTV)		The First 48 (HDTV)		The Cleaner (HDTV) (N)		The Cleaner
		700	800	35	TLN	Centrovetrine	Sky TG 24	Serie A	Magnifica Italia	48 Ore		Raymond	Raymond	George Lopez
		571	581	36	MMM	mmmtop	Where You At	Fabulous Life Of... (N)		Listed (Part 2 of 2)		Don't Forget the Lyrics!		Party of Five
		575	583	38	CMT	Canada Countdown		Top 20 Tearjerkers		Reba	Hope & Faith	Home Improve.	Home Improve.	Tearjerkers
		616	521	39	SHO	About a Girl	About a Girl	The Best Years (DVS)		Trailer Park	Trailer Park	The Shield "Snitch"		House
		620	523	40	BVO	Desperate Housewives		Live at the Rehearsal Hall		Sweet Soul Music		Celtic Roots	Steve Coffey	Law & Order
		601	562	41	SLC	End of Leash	ET Canada	Newlywed	In Laws	Rich Bride, Poor Bride		Plastic-Perfect	Matchmaker	Newlywed
		522	506	43	HIS	NCIS "Driven"		The Worst Jobs in History		Tony's Law Henry VIII.		NCIS "Driven"		Crime Stories
		625	548	44	COM	Air Farce	Just for Laughs		Corner Gas	The Simpsons	South Park	S. Silverman	Jon Dore Show	Daily Show
		600	564	46	H&G	House Hunters	Property Virgin	Dirty Business	Outside	Colin & Justin's Home Heist		The Stagers	Green Force	Holmes-Homes
		294	529	47	TBS	Family Guy	Family Guy	*Paycheck* ★★ (2003, Science Fiction) Ben Affleck, Aaron Eckhart.					Frasier	Seinfeld
		576	582	49	BET	106 & Park: BET's Top 10 Live		*Young Cesar* (2007, Drama) Clifton Powell, Sam Sarpong.				Kelly Speaks	Somebodies	*Young Cesar*
		627	528	50	SPC	Lost		Star Trek: Next Gener.		Battlestar Galactica		Rabbit Fall	The Circuit	Stargate SG-1
		581	566	52	MTV	Busted	After	Canada's Next Top Model		Making the Band 4		From G's to Gents (N)		MTV Live
		618	524	54	TROP	Beverly Hills, 90210		Planet Soap	What Happen?	Family Guy	Seinfeld	Seinfeld	King	Family Guy
		603	561	56	FOOD	Grill It-Flay	Licence to Grill	Restaurant Makeover		HEAT-McEwan	HEAT-McEwan	Top Chef "Puerto Rico"		Restaurant
		261	394	60	V	Murder, She Wrote		Bless-Father	On the Buses	Quantum Leap		Circus of God		MythQuest
		621	527	63	STR	The Ellen DeGeneres Show		TMZ (N)	eTalk	eTalk Special	John Legend	The Tonight Show-Jay Leno		TMZ
		553	546	65	TRE	Ni Hao, Kai-lan	Nght Grdn	Bucket-Dinos	Franklin	Little Bear	Miss Spider	Comfy Couch	Rolie Polie Olie	Beren. Bears
		115	711	101	TVA	Km/h (SC)	Vidéos	Histoires-filles	Caméra café	La Promesse (HDTV) (SC)		TVA 22 heures	(10:45) Denis Lévesque	
		126	730	102	RDI	RDI en direct	Élections	Grands reportages (SC)		Le Téléjournal (SC)		RDI en direct	Le National	Le Téléjournal
		526	507	249	CLT	Judging Amy		Killer Next Door		Missing Link		Mysterious Ways		Judging Amy
		300	601	301	M1	(7:10) *No Reservations* ★★ (2007, Drama)				*Enchanted* ★★★ (2007, Fantasy) Amy Adams.				*The Holiday*
		305	612	306	PIX	*The Babe* ★★ (1992, Biography) John Goodman.				*The Ladies Man* ★ (2000, Comedy)			*Gladiator Cop* ★ (1994)	

critics' corner

Without a Trace
It's a five-for-one deal in this episode, as Jack (Anthony LaPaglia) and his team investigate the abduction of five people from a coffee shop. It turns out they had an odd connection beyond just having all been in the wrong place at the wrong time. Sam (Poppy Montgomery) gets ready for her baby's arrival. Enrique Murciano, Eric Close and Marianne Jean-Baptiste Iso star in "Satellites." 9 PM on CTV

Gladiator Cop
That title should be fair warning: This is a cheesy excuse for an action flick that makes the average Jean-Claude Van Damme vehicle look like "Raging Bull." Lorenzo Lamas plays the titular cop, who happens to be the reincarnation of Alexander the Great ... whose sword, now a museum piece, has "special powers" and is implicated in a rash of killings. Oh, and there's this reincarnated Mongol dude who wants revenge on old Alex for his long-ago murder. Be afraid. Be very afraid. 10:30 PM on PIX

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Wednesday Partly cloudy 22° / 9°
Thursday Mainly sunny 18°/ 7°
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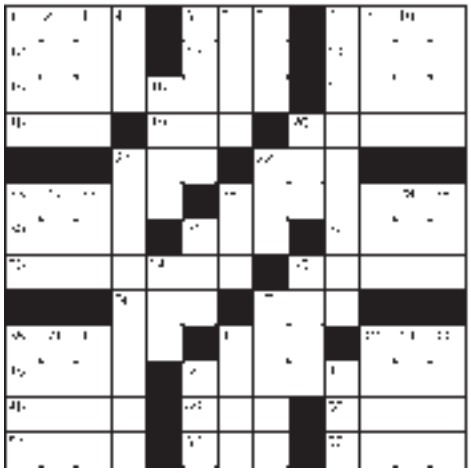
Take Five



Crossword across

1 William H. of "Fargo"
5 Recipe meas.
8 Work at the keyboard
12 — vera
13 Hooter
14 Frost
15 Non-paying passenger
17 Baseball scores
18 Upper surface
19 With it
20 Elude
21 Automaton, for short
22 Depressed
23 Tote
26 Rhesus monkey
30 Curved molding
31 Pack quantity
32 Took off
33 Arizona tribe
35 Green gemstones
36 Barbie's pal
37 Rapture
38 Wanderer
41 Conger, e.g.
42 Collection
45 Swear 'tis true
46 Gilligan, for one
48 Antitoxins
49 Halloween abbr.
50 Actor Bogarde
51 Bohemian
52 Surprise cries
53 Look lasciviously

Crossword down

1 Sail support
2 Choir member
3 Hen pen
4 Evergreen
5 Namely
6 Trade
7 Thickness
8 Nonchalant
9 "— be surprised"
10 Throe
11 Gaelic
16 Pirate's greeting
20 Happy companion?
21 Secession
22 Remiss
23 Inmate
24 Khan title
25 Gun the engine
26 Wrong (Pref.)
27 Proof conclusion
28 French article
29 UFO crew?
31 Junior
34 Clampett patriarch
35 A bit of a shock
37 "He — at scars..."
38 Houston acronym
39 Finished
40 Comedian Sahl
41 Apiece
42 Hearty drink
43 "My Name Is —"
44 Youngster
46 Bill's partner
47 Rumpus

Sudoku

HOW TO PLAY: Digits 1 through 9 will appear once in each zone – one zone is an outlined 3x3 grid within the larger puzzle grid. There are nine zones in the puzzle. Do not enter a digit into a box if it already appears elsewhere in the same zone, row across or column down the entire puzzle.

9		7		5		1	3	
	8	6						
			4					7
4		9	5					
2			9		8			6
					1	5		9
7					4			
						9	2	
	5	4		3		6		1

PREVIOUS DAY'S CROSSWORD AND SUDOKU ANSWERS:

2	3	9	5	6	8	7	4	1
1	6	5	4	3	7	9	2	8
7	4	8	2	1	9	5	3	6
3	5	7	6	4	1	2	8	9
6	2	4	9	8	5	3	1	7
9	8	1	3	7	2	6	5	4
4	9	6	1	2	3	8	7	5
8	1	2	7	5	6	4	9	3
5	7	3	8	9	4	1	6	2

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SUDOKU SOLVE TIME:
Under 13 min .....Genius
13-17 min.....Scholar
17-21 min .....Smart
21-25 min.....Not bad
25+ min.....Keep practising

Recipe of the day

COOK SMART FOR A HEALTHY HEART

Quinoa with Grilled Eggplant

Quinoa, a nutritious grain from South America, has a texture similar to split lentils when cooked. It contains more protein than any other grain and is also lower in carbohydrate content.

INGREDIENTS:
1 cup (250 mL) quinoa
3 or 4 sprigs fresh thyme
2-1/2 cups (625 mL) low-sodium vegetable broth
2 baby eggplants, cut lengthwise into quarters
1 red pepper, seeded and cut into chunks
1 red onion, cut into chunks
2 tsp (10 mL) olive oil
1 cup (250 mL) cherry tomatoes
2 garlic cloves, crushed
1-1/4 cups (300 mL) tomato juice
6 oz (175 g) light goat-cheese log with herbs, cut into 8 slices
Salt and pepper

METHOD:
1. Preheat the oven to 375°F (190°C). Put the quinoa in a sieve and rinse thoroughly under cold running water. Place in a saucepan with the thyme sprigs and broth, and bring to a boil. Cover and simmer gently until all the broth has been absorbed and the quinoa is tender, about 20 minutes.
2. Meanwhile, heat a ridged grill pan. Brush the eggplant, red pepper and onion pieces with the olive oil, then cook them on the grill pan (in batches if necessary) until softened and lightly charred, about 4 to 5 minutes. Transfer to a plate.
3. Put the whole tomatoes on the grill pan and cook until they are just beginning to burst their skins, about 2 minutes. Remove from the heat.
4. When the quinoa is cooked, place it in an ovenproof dish. Add the grilled vegetables, garlic and tomato juice, and season lightly with salt and pepper. Fold together gently.
5. Arrange the slices of goat cheese on top of the quinoa mixture. Cover with foil and bake until the vegetables are tender, about 35 minutes. Serve hot.

SERVES 4

rd.ca
For nutritional information on this and other great recipes, go to **rd.ca** or check out **Key Ingredients in this month's Reader's Digest, on newsstands now!**

Horoscopes

AVATAR VENUS

ARIES ♈
MARCH 21-APRIL 20
Your reputation is on the line. A lack of devotion causes a bad scene. Keep it to yourself if you're unsure about a false impression.

TAURUS ♉
APRIL 21-MAY 21
Talking about dishonesty causes an anxiety attack. Take care when visiting your place of origin. Comparing performances won't improve a situation.

GEMINI ♊
MAY 22-JUNE 21
An angry worker needs a lucky break. Take the chance to be true to your word. An expert warns about a sad state of affairs.

CANCER ♋
JUNE 22-JULY 22
Speak softly when a friend calls for help. Alarm bells tell of an abrupt shift taking place. A woman needs more instruction.

LEO ♌
JULY 23-AUG 23
A creative pleasure will be an inspiration. A long-lost person has gone for a walk. Putting things in order takes longer than usual.

VIRGO ♍
AUG 24-SEPT 22
Be careful of your words with a twitchy woman. Don't arrive punctually at a farcical event. An urgent issue will be resolved soon.

LIBRA ♎
SEPT 23-OCT 23
An agreement will create chaos. Someone will finally see the light. A last minute change makes a guy happy.

SCORPIO ♏
OCT 24-NOV 22
Frustration leads to a confrontation. Goals will be achieved before an unscheduled event. Patch things up around your home.

SAGITTARIUS ♐
NOV 23-DEC 21
A precious person wants to talk with you. A moving message disturbs a rocky romance. Trust an ordinary person with secrets and lies.

CAPRICORN ♑
DEC 22-JAN 20
Take a walk to calm your nerves. Empower yourself by giving a pep talk. An emotional storm threatens a family member.

AQUARIUS ♒
JAN 21-FEB 18
A move should be made without delay. Escaping from a weird dilemma is only rational. Don't give orders to a tyrant.

PISCES ♓
FEB 19-MARCH 20
A dramatic person has a flash of genius. Show support by stepping into somebody's shoes. Laugh at people who steer clear of the truth.

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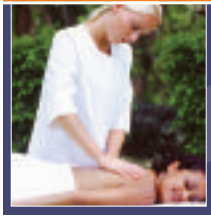
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This day in history

SEPT. 16, 1795: United Kingdom conquers Cape Town, South Africa.
SEPT. 16, 1812: Russians set fire to Moscow shortly after midnight - the city is burned completely down days later.
SEPT. 16, 1887: The first game of softball was played in Chicago, Illinois.
SEPT. 16, 1908: General Motors is founded.
SEPT. 16, 1966: The Metropolitan Opera House opens at Lincoln Center in New York City to the world premiere of Samuel Barber's opera, Antony and Cleopatra.
SEPT. 16, 1987: The Montreal Protocol is signed to protect the ozone layer from depletion.

METRO NEWS SERVICES

Takei weds partner
Actor George Takei and his longtime partner, Brad Altman, were wed Sunday evening in a Buddhist ceremony in downtown Los Angeles. PEOPLE.COM

Celebrity Buzz

DeGeneres, de Rossi fight over baby

RELATIONSHIP Ellen DeGeneres and actress Portia de Rossi are arguing about whether to have a baby, female-first.co.uk reports. The couple, who married in an intimate ceremony last month, are said to be fighting about the prospect of starting a family.

Talk-show host Ellen is reportedly determined to become a mom, but de Rossi is less keen because she would be the one carrying the child. "Ellen wants Portia to get pregnant, an idea they had both ruled out before the wedding," a source said.

"But Ellen has gotten all goofy over the baby issue. She has been in tears trying to get Portia to reconsider. Now the situation is very tense."

DeGeneres, 50, reportedly had the intention of changing 35-year-old Portia's mind following the wedding.

METRO NEWS SERVICE

Dion demands bodyguards

PEOPLE Singer Celine Dion blew into New York City with a security retinue that rivals anything the U.S. presidential candidates might have, tmz.com reports. The Times of South Africa reports Dion demanded 11 bodyguards be on stage at all times for her show at Madison Square Garden last night.

"At least eight" had to be on chairs able to swivel 30 degrees. She also needed to have a dentist on call at all times. Her rider ran 67 pages, said the paper and when it comes to food, she had to have French cherries and Bavarian figs.

METRO NEWS SERVICE

Winehouse skips birthday

PEOPLE Amy Winehouse notched up another no-show at the weekend — but this time it was her own birthday party that she didn't attend, Ananova.com reports.

The singer's friends and family gathered at the Jazz After Dark in Soho, London, Saturday night to celebrate the star's 25th birthday. But Winehouse stayed at home, refusing to leave her house in Camden because she reportedly thought she looked too ugly.

"Amy was standing in front of the mirror telling everyone how rough she looked," a friend told Britain's The Sun. "Unfortunately, her lifestyle has had a major effect on her appearance and it's only just started to sink in. She kept saying she was ugly and was in an awful state."

Winehouse's friend, Remi Nicole, who had helped organize the party, reportedly spent three hours trying to persuade Winehouse to leave.

The pair ended up having an argument and eventually Nicole gave up and went home.

Back at the Jazz After Dark, guests waited until midnight before deciding to start the party without Winehouse, and allowing the first band to take to the stage.

METRO NEWS SERVICE

GETTY IMAGES PHOTOS

Hudson rumoured to be engaged

RELATIONSHIPS Singer/actress Jennifer Hudson and boyfriend, David Otunga, have gotten engaged, People.com reports.

"I can confirm that Jennifer got engaged to her boyfriend David on Friday night in L.A.," her rep says.

Otunga, who is known as "Punk" from the reality show I Love New York 2, popped the question with a Neil Lane diamond ring on the Oscar winner's 27th birthday.

The couple, who have been dating less than a year, both hail from Chicago.

METRO NEWS SERVICE

Lohan scuffles with photographer

PEOPLE Actress Lindsay Lohan reportedly scuffled with a photographer outside a New York hotel, after accusing the snapper of tripping her, imdb.com reports.

Lohan is said to have fallen over a metal barricade as she entered the exclusive Bowery Hotel Sunday night. She turned and allegedly punched one photographer on the nose, thinking he had deliberately caused her to lose her footing. The star was then reportedly heard talking to a friend on her cellphone, saying, "Oh my God! I just hit a paparazzi!"

Police are said to have been called, but no charges were filed.

METRO NEWS SERVICE

No perfume deal for Mills

BUSINESS Heather Mills came close to launching her own fragrance, but the deal was scrapped when her then-husband Sir Paul McCartney found out about the plans, imdb.com reports.

Mills' ex-publicist Michele Elyzabeth claims to have set up the agreement in 2005, while Mills was still married to the former Beatle.

And the contract would have seen the former glamour model create a perfume called Voice with U.S. fashion label Tommy Bahama.

The company reportedly requested that both stars be featured in the advertisements and Mills is said to have given the company one of their wedding photos to use in the promos.

However, Elyzabeth claims she was forced to terminate the deal — after McCartney refused to let the idea go ahead.

"The company suggested using a photo of them both, Heather reckoned that would work and e-mailed them one of her wedding pictures. But when the ad came back (for approval) I got this phone call from Heather saying the project had to be scrapped immediately," she says. "Heather told me that when she showed Paul the adverts he hit the roof. She told me he shouted at her, 'Are you f–king mad?' Tommy Bahama weren't interested in Heather alone. The deal fell through because she wasn't a big enough star."

Mills and McCartney finalized their divorce earlier this year.

METRO NEWS SERVICE

celebrity briefs

Mendes' celebrity crush

PEOPLE Eva Mendes has confessed a secret crush on rock legend Mick Jagger, imdb.com reports.

The actress admits she fell to pieces when she ran into the Rolling Stone in a hotel elevator in France four years ago — and blew her chances of looking cool when they met again.

"I literally collapsed when he got out a floor later. He's delicious, he still looks really good," Mendes says.

As for their second meeting, "I thought: 'He's never going to remember me,' so I just say: 'Hi, I'm Eva, nice to meet you,' and he says: 'Oh, I think we met in Paris.' I screamed: 'Oh my God, you remember me?' The whole facade falls and I was a complete geek."

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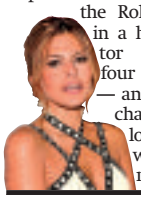

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